real life made simple

Canadian Living

TRY OUR
NEW FALL
FAVOURITES

CARROT &
CRÈME
FRAÎCHE
RISOTTO

SWEET
POTATO
TARTS

APPLE &
CHEDDAR
MUFFINS

celebrating 50 years of great food!

+ HOME DECOR
& HOSTING
INSPIRATION

FASHION &
BEAUTY TRENDS

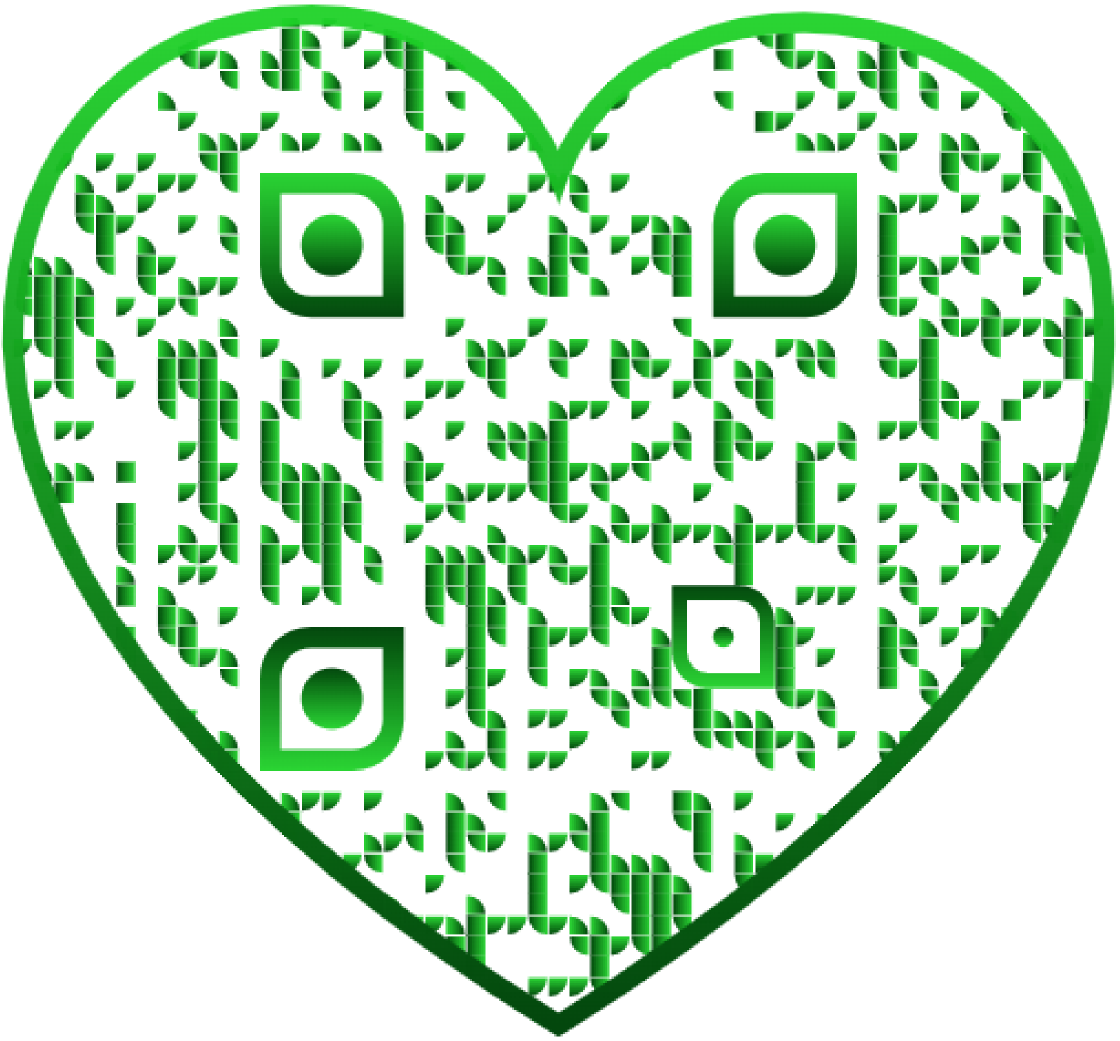
LIFESTYLE &
WELLNESS TIPS

and so much more...

bake the cover
NANAIMO
MOCHA CAKE
PAGE 12

GREAT
ESCAPES
5 vacation ideas
plus HOW TO PACK LIKE A PRO

NOVEMBER 2025



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Canadian Living

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MEMBER OF Magazines Canada

PRINTING PAPER IS A RENEWABLE RESOURCE. THINK RECYCLING!

The Apple & Cheddar Muffins from our "An Apple a Day…" story (page 74) are the perfect mix of savoury and sweet, and make for an amazing snack or breakfast on the go!

GOING FOR GOLD

Fifty years ago, the first issue of *Canadian Living* hit newsstands. It started out as a small team of passionate storytellers and editors, working out of the manse of a church in Mississauga, Ont. Half a century later, we've grown an amazing community—our readership. You've clipped recipes, shared articles, written letters and stayed with us through every evolution—many of you have been with us since the very beginning, and we couldn't be more grateful.

This month, celebrate with us by turning to page 12 to check out our epic cover recipe, Nanaimo Mocha Cake. We pulled out all the stops for a cake inspired by iconic Canadian Nanaimo bars! Then, take a trip down memory lane by looking at some of our vintage covers, hearing from other dedicated readers and enjoying a few fan-favourite recipes (head to our "Cheers to 50 Years" story on page 15).

And in the rest of this issue, you'll find all the content you know and love. Our Cook & Eat section features 10 easy weeknight suppers, two menus for elegant dining, inventive creamy dishes and savoury apple recipes you'll be cooking on repeat. We've also got a great fashion lineup, including six cozy yet stylish outfits for fall (see our "Closet Confidential" column on page 30), and a story about trending travel ideas ("Great Escapes" on page 36)—doesn't a reading vacation or a week of crafting sound like a dream come true?

See, we're more energized and excited than ever to keep evolving, listening and delivering the best recipes and stories that matter. We may be celebrating the past, but this issue is about much more than that—it's about gratitude for the present and a toast to the future. Cheers to 50 years, and to 50 more!

Canadian
Living team

✉ cl.readers@tva.ca f facebook.com/canadianliving
instagram.com/canadianliving

PHOTOGRAPHY, TANGO. FOOD STYLING, NATALY SIMARD. PROP STYLING, CAROLINE SIMON

DESCRIPTION A gel with 83% oil for very dry skin. INDICATION Significantly increases skin moisturization. PRESENTATION Orange / pink gel. FORMULATION Gel with 83% occlusive ingredients, 14% humectants and 3% water. INGREDIENTS Paraffinum Liquidum, Isopropyl Palmitate, Triisononanoin, Glycerin, Cetearyl Ethylhexanoate, Isopropyl Myristate, Water/Aqua/Eau, Caprylic/Capric Triglyceride, Isostearyl Isostearate, C26-28 Alkyl Dimethicone, Butyrospermum Parkii (Shea) Butter, Sodium Lactate, Urea, Gluconolactone, Sodium PCA, Sodium Hyaluronate, Octyldodecyl PCA, Sucrose Laurate, Sucrose Stearate, Lactic Acid, Lanolin, Butylene Glycol, Dimethicone/Vinyl Dimethicone Crosspolymer, Bisabolol, Helianthus Annuus (Sunflower) Seed Oil, Silica, Glycine Soja (Soybean) Oil, Retinyl Palmitate, Tocopheryl Acetate, Niacinamide, Linoleic Acid, Linolenic Acid, Tocopherol, Anthemis Nobilis Flower Oil, Calendula Officinalis Extract, Rosmarinus Officinalis (Rosemary) Leaf Oil, Lavandula Angustifolia (Lavender) Oil, Parfum, Beta-Caryophyllene, Camphor, Farnesol, Lavandula Oil/Extract, Limonene, Linalool, Linalyl Acetate, Pinene, Terpineol, CI 17200. DRY SKIN CLINICAL TRIAL Trial center: Complife Italia S.r.l, Italy. Objective: A clinical evaluation to test the efficacy of Bio-Oil® Dry Skin Gel in improving skin moisturization. Sample: Subjects: 40 healthy females with Fitzpatrick skin types II-V and clinically showing dry / very dry skin (grade II-IV) at the level of the outer lower legs, and Corneometer values of less than 40 at enrollment. Test site: test product applied to one entire lower leg of all subjects.
Age of participants: 40–65. Methodology: Split-body, evaluator-blinded, randomi ... strumental study. Subjects
participated in an initial screening evaluation followed by a 7
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instrumental evaluations were condu
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the extent of the improvem
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improving skin moisturizatio
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called Vitro-Skin™, which
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is safe. The vitamin A pres
body lotion and can be us
found to be an emmenag
aromatherapists and herb

Bio-Oil®
Dry Skin Gel
Gel Peaux sèches
100 ml

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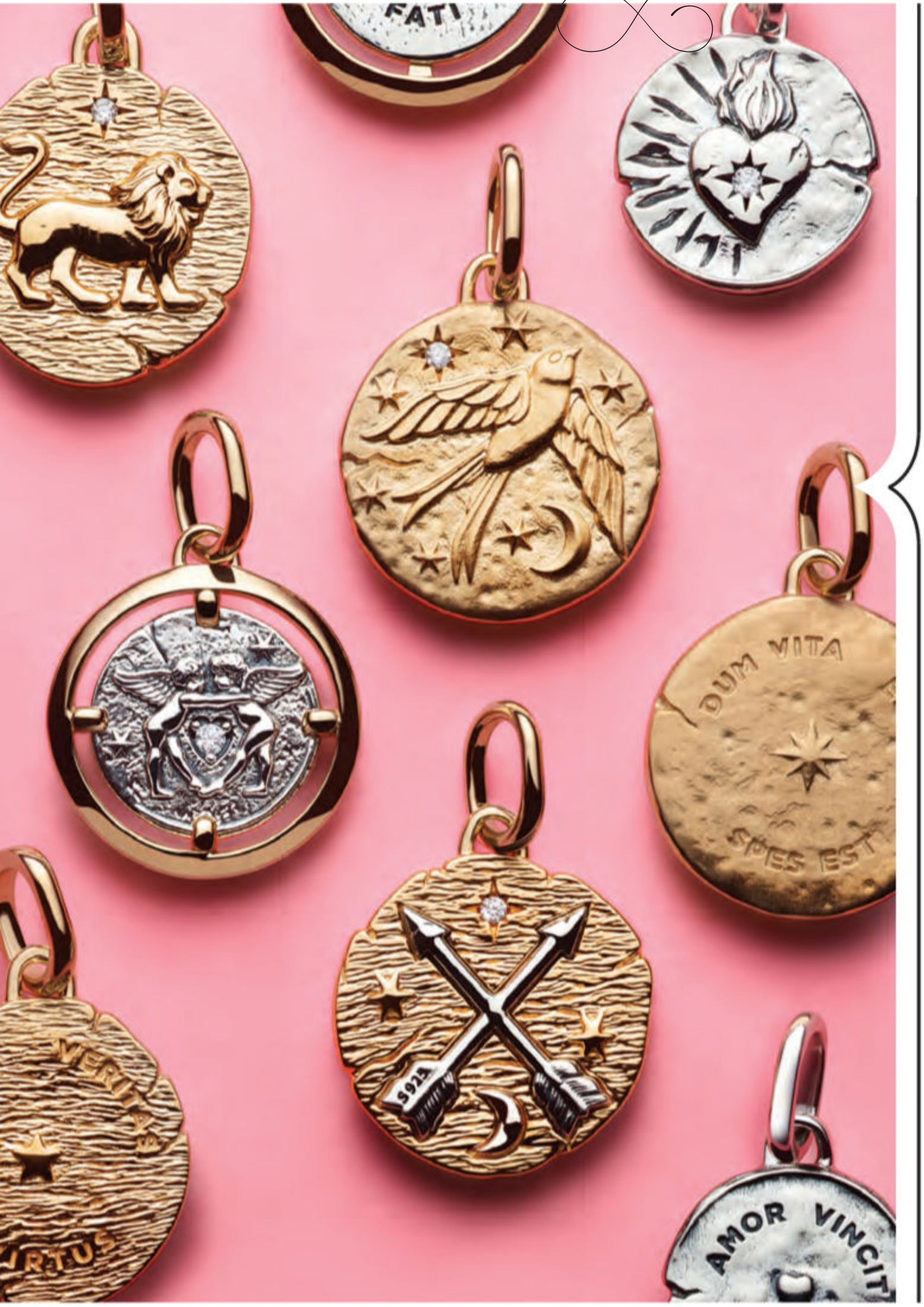
PHOTOGRAPHY, TANGO
FOOD STYLING, CHANTAL LEGAULT
PROP STYLING, CAROLINE SIMON

TESTED TILL PERFECT
Canadian Living
TEST KITCHEN

10 tricks, tips and ideas we love this month



1

WORDS TO REMEMBER

We're enamoured with the new Pandora Talisman collection. Inspired by the rugged beauty of ancient coins, these charms display bold images of roses, arrows, animals and more on one side, along with an uplifting Latin phrase engraved on the back. Pick the charm that resonates the most, from the double arrow style that translates to "towards better things," or the heart medallion that reads *Per apera ad astra* (or, "through hardships to the stars"), and keep it close as a constant reminder of strength and hope. Perfect to celebrate achievements, commemorate milestones or bring strength during hard times, these talismans are meaningful gifts for someone you love, or a beautiful gift to yourself.

Pandora Talisman **CHARMS**, from $68, ca.pandora.net.

PRODUCER, CHRISTINA ZISKO

FIERY CHICKEN ARRABBIATA
SOUS CHEF

2

PINK perfect

Chic, stylish and undeniably feminine, the Sorbet Rose colourway from cookware company Staub has captured our hearts. Whipping up dinner just got a whole lot prettier.

Staub Sorbet Rose **COOKWARE**, from $125, zwilling.com.

3 WE REMEMBER

On November 11, Canadians nationwide don poppies, participate in a moment of silence and attend ceremonies to observe Remembrance Day. Originally called Armistice Day, it was held on the Monday of the week of Nov. 11. This changed in 1931, when the day was renamed to place an emphasis on the soldiers who lost their lives fighting for our country and given the fixed date.

DID YOU KNOW?
The Royal Canadian Legion distributes about 20 million poppies each year!

4

Dinner made easy

Rustic Beef Bourguignon, Szechuan Braised Beef, Chicken Tikka Masala, Fiery Chicken Arrabbiata, Marsala Braised Chicken… sounds like the offerings of an upscale restaurant, no? In reality, these are brand-new Sous Chef by Cardinal prepared entrees you can pick up at the grocery store! Pre-cooked with the company's Safe Sous Vide technology, expect tender meat and bold flavours on the table in less than 10 minutes. Perfect for two, these meals make it easy to enjoy high-quality food without spending hours in the kitchen—like having your own sous chef in a box.

Sous Chef by Cardinal **PREPARED ENTREES**, $16 each, souschef.ca.

RUSTIC BEEF BOURGUIGNON
MARSALA BRAISED CHICKEN
SZECHUAN BRAISED BEEF
CHICKEN TIKKA MASALA
SOUS CHEF

5

CUPPA WELLNESS

A good cup of coffee can start the day off right or make for a tasty end to a delicious meal, but with Nespresso's new Coffee+ line, your cup o' joe can help you boost your vitamin intake, too! The Active B6 pod produces an almond-vanilla flavoured java that supports your metabolism and immune system with 24 percent of your daily vitamin B_6 needs, while the Vivida B12 coffee delivers 35 percent of the recommended daily value of the wellness-boosting vitamin that's essential for red blood cell production and nervous system function.

Active B6 **COFFEE CAPSULES**, $14.50/10 capsules, Vivida B12 **COFFEE CAPSULES**, $15.50/10 capsules, nespresso.ca.

7

ALL IN ON OIL

You're probably familiar with the famous Bio-Oil brand and its iconic Skincare Oil—a vitamin-packed mixture clinically proven to improve the look of scars and stretch marks—but did you know the brand boasts three other body-care products? Find your fave or create a routine with all four—we promise your skin will be feeling the love.

Bio-Oil **SKINCARE OIL**, $29, **SKINCARE OIL** (Natural), $32, **DRY SKIN GEL**, $23, **BODY LOTION**, $20, amazon.ca.

Bio-Oil®
Skincare Oil
Huile de soin
200 ml

For lovers of all things plant-based, this oil is just as effective as the iconic original but made only with plant-based ingredients.

Bio-Oil®
Skincare Oil
(Natural)
Huile de soin
(Naturel)
125 ml

Made with a whopping 42 percent oil, this super light lotion melts into skin for a silky finish that's light as air without skimping on much-needed hydration.

Bio-Oil®
Body Lotion
250 mL (8.5 fl. oz.)

The Dry Skin Gel takes the typical moisturizing lotion to the next level by replacing the water content with oil, creating an innovative formula that's especially active in tackling dryness.

Bio-Oil®
Dry Skin Gel
Gel Peaux sèches
200 ml

6

GET MOVING

If you're getting tired of tossing and turning in bed every night, a new study published in *BMJ Evidence-Based Medicine* could help. We know that exercise can help us sleep better at night, but turns out researchers have discovered that yoga, Tai Chi, walking and jogging were especially effective at treating insomnia, increasing sleep time and reducing the time it takes to drift off. These exercises are generally low- or no-cost, making them more accessible than other effective treatments like sleeping pills or cognitive behavioural therapy.

8

Save/Splurge BRONZING POWDER

GET A GORGEOUS GLOW, WHATEVER YOUR BUDGET.

Splurge

A silky-smooth application and texture-blurring micronized pigments deliver a stunning warm glow.

ARMANI BEAUTY Luminous Silk Glow Bronzer, $76, armani-beauty.ca.

Save

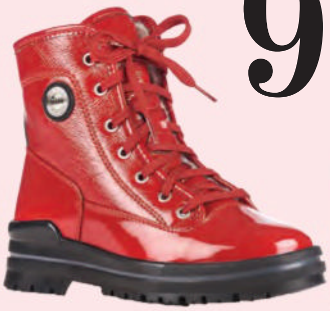
Achieving sun-kissed radiance is easy with this buttery formula made with shea and cocoa butters.

ANNABELLE Perfect Butter Bronzer, $14, shoppersdrugmart.ca.

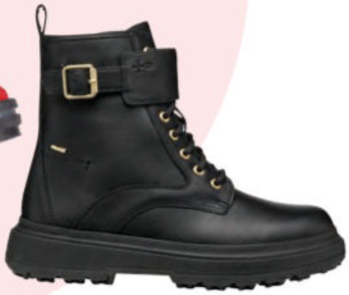
ALL TIED UP

A BIT OF COLD WEATHER WON'T STOP US FROM LACING UP TO GET OUR STEPS IN.

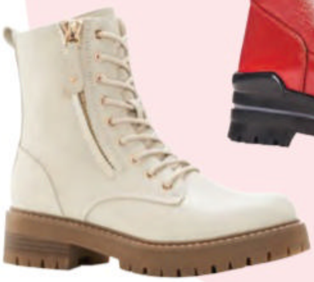
9



Spoke **BOOTS** in Rosso, $255, olangcanada.com.



Lamidie+ Grip Abx Leather **BOOTS** in Black, $250, geox.com.



Lodging **BOOTS** in Off White, $80, yellowshoes.com.

10

Nellie's
LAUNDRY SODA
100 LOADS

CANADIAN **CLEAN**

They say good things come in small packages, and we couldn't agree more! The concentrated laundry detergent from Canadian cleaning company Nellie's is proof—the powder formula means one small tin is enough to wash an impressive 100 loads. Fragrance- and dye-free and made with only four ingredients, this laundry powder is a safe bet for those with skin prone to irritation. Bonus: It quickly dissolves in both hot and cold water, meaning it can handle everything from heavy duty loads to delicates with ease.

Laundry Soda Concentrated **LAUNDRY DETERGENT**, $33, nelliesclean.ca.

BAKE THE COVER

it's party time!

We're celebrating our 50th anniversary with this epic cake that boasts iconic Canadian Nanaimo bars (which just happen to be the most popular recipe on CanadianLiving.com) with a fresh twist!

TESTED TILL PERFECT
Canadian Living TEST KITCHEN

RECIPE MÉLANIE MARCHAND
PHOTOGRAPHY TANGO
FOOD STYLING CHANTAL LEGAULT
PROP STYLING CAROLINE SIMON

CAKE STAND, VDEV

NANAIMO MOCHA CAKE

MAKES 8 TO 10 SERVINGS
HANDS-ON TIME 45 MINUTES
TOTAL TIME 2 HOURS

Mocha Cake

2 cups	all-purpose flour
2 cups	granulated sugar
1/2 cup	cocoa powder
2 tsp	baking powder
1/2 tsp	baking soda
1/2 tsp	salt
1 cup	boiling water
3 tbsp	instant espresso powder
1/2 cup	vegetable oil
1/2 cup	2% milk
2	eggs
1 tsp	vanilla

Coffee Frosting

1/2 cup	unsalted butter, softened
1	300 ml can sweetened condensed milk
1 tbsp	boiling water
1 tbsp	instant espresso powder
1/2 tsp	salt
2 cups	icing sugar (approx)

Assembly

Coffee Nanaimo Bars (recipe, this page)
unsweetened shredded coconut
mini milk chocolate balls
mini white chocolate balls

Mocha Cake Preheat oven to 350°F. Grease two 9-inch round cake pans; set aside on baking sheet.

In large bowl, whisk together flour, sugar, cocoa powder, baking powder, baking soda and salt. Set aside.

In separate bowl, whisk together boiling water and espresso powder. Set aside.

In third bowl, using electric mixer on medium speed, beat oil, milk, eggs, vanilla and reserved espresso mixture until smooth. Add reserved flour mixture and beat until batter is smooth but not too thick.

Divide batter evenly between prepared pans and bake until cake tester inserted in centres of cakes comes out clean, 35 to 40 minutes. Let cool completely. Remove from pans and, using long sharp knife, level cakes if necessary. Set aside. *(Make-ahead: Can be wrapped in plastic wrap and refrigerated for up to 5 days or frozen for up to 3 months.)*

Coffee Frosting Using electric mixer on high speed, beat butter until light and fluffy, 3 to 4 minutes. On low speed, beat in about half of the condensed milk until incorporated. Beat in remaining condensed milk until smooth.

In bowl, combine boiling water and espresso powder; add to batter. Add salt; beat on medium speed until batter is creamy and thick, 2 to 3 minutes. Beat in icing sugar until light and fluffy, 1 to 2 minutes. (If frosting is too thin, beat in about 1/2 cup more icing sugar at a time, until frosting reaches desired consistency.)

Assembly Place one of the reserved cakes on cake stand. Spread thin, even layer of Coffee Frosting over top. Place remaining cake on top, upside down. Spread another layer of Coffee Frosting over top. Using offset spatula, spread frosting over side of cake. Decorate cake with small pieces of Nanaimo Coffee Bars, shredded unsweetened coconut, chocolate shavings and mini chocolate balls.

PER EACH OF 10 SERVINGS about 635 cal, 8 g pro, 25 g total fat (9 g sat. fat), 95 g carb (2 g dietary fibre, 73 g sugar), 75 mg chol, 1,465 mg sodium, 275 mg iron.

COFFEE NANAIMO BARS

MAKES 24 BARS
HANDS-ON TIME 30 MINUTES
TOTAL TIME 3 1/2 HOURS

Crust

1 1/2 cups	chocolate cookie crumbs (such as Oreo)
3/4 cup	chopped pecans
3/4 cup	unsweetened shredded coconut
2/3 cup	unsalted butter
1/3 cup	alkalized dark cocoa powder
1/4 cup	instant espresso powder
3 tbsp	packed brown sugar
1/2 tsp	salt
1	egg, beaten

Topping

2 tbsp	instant espresso powder
1 tsp	vanilla
1/2 tsp	salt
1/4 cup	hot water
1/2 cup	unsalted butter, softened
4 cups	icing sugar, divided

Assembly

1/2 cup	dark chocolate chips
3 tbsp	coarsely crushed coffee beans

Crust Line 8-inch square cake pan with parchment paper, leaving excess overhang on all sides; set aside.

In bowl, combine cookie crumbs, pecans and coconut. Set aside.

In saucepan, combine butter, cocoa powder, espresso powder, brown sugar and salt. Heat over low heat, stirring constantly. When butter has melted, remove pan from heat and let stand for 5 minutes. Whisk in egg. Return pan to heat and cook over low heat until thickened, about 5 minutes. Stir into reserved cookie crumb mixture until smooth. Press mixture into prepared baking pan; cover with plastic wrap. Refrigerate for at least 1 hour.

Topping In bowl, combine espresso powder, vanilla, salt and hot water. Set aside.

In large bowl, using electric mixer on medium speed, beat butter with 1 cup of the sugar until smooth, 1 to 2 minutes. Beat in reserved espresso mixture, and the remaining sugar, 1 cup at a time, beating well after each addition, until smooth and creamy. Scrape over cooled crust, smoothing top with spatula. Freeze for 1 hour.

Assembly Place chocolate chips in microwaveable measuring cup; heat on high in 30-second increments, stirring after each, until completely smooth. Using offset spatula, spread chocolate over filling. Sprinkle with coffee beans. Refrigerate for at least 1 hour. Cut into bite-size bars. *(Make-ahead: Can be stored in airtight container and refrigerated for up to 1 week or frozen for up to 3 months.)*

PER BAR about 230 cal, 1 g pro, 14 g total fat (8 g sat. fat), 25 g carb (1 g dietary fibre, 23 g sugar), 32 mg chol, 135 mg sodium, 0.7 mg iron.

TEST KITCHEN TIP

We added an extra layer of cake to make this photo ultra spectacular. This recipe will yield two layers, but if you want to increase the recipe like we did, double the cake batter and bake the cakes two by two; freeze the fourth layer for later, or use it to make cake pops or a trifle.

SPECIAL OFFER

real life made simple
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35+ RECIPES FOR SHARING
CHESTNUT- & SHALLOT-STUFFED TURKEY BREAST
FIVE-SPICE ROAST DUCK
PORK OSSOBUCO & TURKEY MEATBALLS
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THE HOTTEST fall fashions TO ELEVATE YOUR WARDROBE
OCTOBER 2025

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LOOK INSIDE FOR...

Great oldtime budget recipes
Decorate to keep warm and cosy
Dinner clubs–fun for food lovers
Small business: Is it for you?
Canadian Living
20 BEAUTIFUL TIPS from the "20 Minute Workout" stars
SUPER SUPPER OMELET
DIET PLAN

cheers to 50 years!

From simple weeknight meals to multi-course feasts and so much more, you've welcomed us into your home and onto your table for 50 years. Join us as we commemorate the past with a walk down memory lane, and toast to all that's to come in the future.

The very first issue
December 1975

CANADIAN
Living
25¢
HOME • RECREATION • TRAVEL
DECEMBER 1975
Make a FORMAL GOWN IN FORTY MINUTES
Your next car may be a van • TREATS for GIFTING
HOLIDAY KITCHEN GUIDE to Clip 'n' Save
Easy-to-make gifts • Do-it-Yourself NEST of TABLES
CROSS-COUNTRY SKIER'S GUIDE – to snowfields far and wide
'Recreation and Fitness...HUMBUG!'

SPECIAL PULLOUT: Games, crafts, stories
Canadian Living
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Barbecue Pizza
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kids caring about the ENVIRONMENT
for LESS THAN $1 per serving
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SMART CLOTHES TO FLATTER YOUR SHAPE
Low-Cal Meatloaf
MAKE A WREATH FOR EVERY SEASON

SEWING SPECIAL: 3 jackets, many ways. EASY TO MAKE!
MAKE YOUR SEX LIFE LAST FOREVER
Canadian Living
GREAT CANADIAN COATS plus stretchy spandex for every shape
Chicken Chili & 15 little-cash, easy dinners
THYROID RISK: WOMEN
Ballroom dancing? It's back!

YOUR FAMILY MAGAZINE
Canadian Living
KEEP ALL YEAR
Your 1995 Monthly Planner

Put in a good word

We asked and you delivered! We reached out to you on social media to tell us what you love about *Canadian Living*. Check out just some of your responses.

I can't even remember [when I began reading CL], it's been so long! Best carrot cake recipe of all time! LOVE your magazine... dog-ear multiple pages in every issue and clip recipes to try every month. Look forward to seeing it in my mailbox and spending an afternoon with Canadian Living! **@npierce4**

I HAVE READ AND ENJOYED YOUR MAGAZINE SINCE I WAS A TEENAGER. I EVEN KEPT ONE COPY THAT HAS A CIGARETTE AD ON THE BACK COVER. THAT'S HOW OLD IT IS! **@joanneeng2**

I READ THE FIRST CANADIAN LIVING MAGAZINE IN DECEMBER 1975 AND STILL HAVE THAT COPY! **@janicekinsman**

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CROSS-COUNTRY SKIER'S GUIDE to snowfields far and wide
Recreation and Fitness...HUMBUG?

I've been reading Canadian Living *since 1976! Most of my popular recipes are from your magazine. The #1 family- and friend-favourite is the Gingerbread Cookie recipe from the very early 1980s. I have a well-used binder of my favourites from your magazine.* **@joymariemd**

I've read Canadian Living magazine since it began in 1975—the same year I married. We just celebrated our 50th anniversary, too, so congratulations CL! Anytime I look for a recipe to try out I know that the Canadian Living ones will be delicious since they have gone through their test kitchens. My favorite recipe? Cranberry Orange Loaf. Sure to please! **@sunnygirl1952**

BEEN READING YOUR AMAZING MAGAZINE FOR 20 YEARS. LOVE ALL THE RECIPES, ESPECIALLY THE CARROT CAKE MY MOTHER INTRODUCED ME TO AS A LITTLE GIRL. **@thymes_two**

The fact that the magazine was Canadian was what first caught my attention, not to mention the amazing food photos that have always been on the covers!...Its pages are yellowed but the All About Apples Cookbook insert is still in my recipe collection! Been following and using recipes from the beginning. Congrats on the milestone! **@lyndawatt**

I've been reading your magazine for as long as I can remember! One of my favourite recipes is your carrot cake. Every time I make it people ask for the recipe. **@karenanne_kirkham**

HAVE BEEN READING CANADIAN LIVING FOR ABOUT 25 YEARS. GO TO THE RECIPE SECTION FIRST, FOLLOWED BY THE LATEST IN BEAUTY, FASHION AND FITNESS. LOVE HOW THE MAGAZINE HAS EVOLVED AT THE SAME TIME THAT I HAVE EVOLVED. INFORMATION IS TIMELY AND CURRENT FOR ALL AGES! **Rose Grissom**

MY MOM USED TO READ YOUR MAGAZINE EVERY MONTH... I STARTED PICKING OUT RECIPES AS A VERY SMALL CHILD. WE WOULD MAKE THE RECIPES TOGETHER, AND NOW I CONTINUE TO DO THIS WITH MY OWN DAUGHTER. **@scotiashortcake**

I've been reading it almost since the beginning because I worked at Canadian Living *back when the office was in Etobicoke and then in Toronto... It was so exciting to work there. Had a subscription for years! Thanks for the memories and great recipes and crafts.* **@kathshelle**

I LOVE ALL THE APPETIZER RECIPES AND REMEMBER READING THESE GROWING UP AT MY GRANDMA'S HOUSE. GREAT MEMORIES OF US COOKING TOGETHER USING SOME OF THE RECIPES FOUND IN THE MAGAZINES. I MISS HER SO MUCH. SHE WAS A GOOD COOK AND BAKER AND I CHERISH THE MEMORIES MADE. **@ivymandias**

I've been reading Canadian Living *since 1991 as a young wife. My go-to recipe is still one bowl birthday cake and my family enjoys sheet pan gnocchi with salmon and broccoli. You changed my life for the better. Happy birthday!* **@m0m_five**

I'VE BEEN READING AND TRUSTING **CANADIAN LIVING** ***FOR 30+ YEARS. THERE ARE MANY RECIPES THAT I RELY ON TIME AND AGAIN. ROASTED TOMATOES CROSTINI, ULTIMATE CHICKEN WINGS, HONEY GINGER PORK & GREEN BEANS, THAI SOUP WITH PULLED TURKEY AND SO MANY MORE!*** **Lorna Repka**

So my mom introduced me to **Canadian Living** ***when I was first married, and I still have some of her Christmas issues from the 1980s. She used to gift me a yearly subscription. I think my most favourite was the Christmas issue, loved that! Miss my mom so very much, reading over the new issues and seeing the beautiful pictures... Great memories. Thank you.*** **@riley.laurie**

CONGRATULATIONS ON 50 YEARS. I HAVE BEEN READING YOUR MAGAZINE SINCE I GOT MARRIED IN 1979. I HAVE TOO MANY RECIPES I'VE MADE OVER THE YEARS. I LOVE THE RECIPES, ESPECIALLY TESTED TILL PERFECT ONES. I THINK THE COOKING LESSON ONES IN THE EARLY YEARS ACTUALLY HELPED ME LEARN TO COOK. **@debbieinns**

I'VE BEEN READING CANADIAN LIVING *FOR AT LEAST 40 YEARS. YOUR TOURTIERE PIE RECIPE IS A CHRISTMAS EVE TRADITION.* **@s1k2willi**

Probably 50 years, I have been a fan of Canadian Living. *It's been a long time and I am 76 yrs. Always love the recipes and have made so many of them . As a young wife and mother I learned so much from* Canadian Living *magazines. I have* The Canadian Living Cookbook *first edition from 1987 that I have depended upon for a lot of my cooking over the years. I remember that I got it for Christmas and it is well-loved. Plus, I have several other cookbooks as they were published.* **Joyce Matthews**

Our readers have spoken!

HERE ARE A FEW OF OUR FAN-FAVOURITE RECIPES

KETCHUP CHIP CARAMEL CORN

MAKES 10 CUPS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 30 MINUTES

10 cups	plain popped corn
1/4 tsp	salt
1/4 tsp	baking soda
1/4 tsp	garlic powder
1/4 tsp	onion powder
1/4 cup	butter
1/2 cup	granulated sugar
1 tbsp	light corn syrup
1/4 cup	ketchup

Preheat oven to 325°F. Line baking sheet with parchment paper. Place popped corn on prepared pan.

In small bowl, stir together salt, baking soda, garlic powder and onion powder. In large saucepan, melt butter over medium heat; stir in sugar and corn syrup. Cook, stirring constantly, until light amber, 3 to 4 minutes. Remove from heat; stir in spice mixture and ketchup until smooth. Drizzle over popped corn; toss to coat.

Bake, stirring halfway through baking time, until dry and crispy, about 10 minutes. Let cool on pan for 10 minutes.

PER 1 CUP about 115 cal, 1 g pro, 5 g total fat (3 g sat. fat), 18 g carb (1 g dietary fibre, 12 g sugar), 12 mg chol, 204 mg sodium, 48 mg potassium.

cover recipe
TESTED TILL PERFECT
Canadian Living TEST KITCHEN

KITCHEN & BATH SPECIAL
Canadian Living
Delicious Harvest Recipes
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FALL FASHION & BEAUTY TRENDS
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Harvest Gold
Community spirit: neighbours write the history of their street

MAPLE BUTTER TARTS

MAKES 12 TARTS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 70 MINUTES

1/2	Double-Crust Sour Cream Pastry (see canadianliving.com for recipe), or store-bought pie crust

Maple Syrup Filling

3/4 cup	packed brown sugar
1/2 cup	maple syrup (No. 1 medium grade)
1/3 cup	butter, melted
2	eggs
1 tbsp	cider vinegar
1/2 tsp	salt
1/2 cup	chopped walnut halves
1/4 cup	each dried currants and golden raisins

Preheat oven to 350°F; line 12 muffin cups with paper liners.

On lightly floured surface, roll out pastry to 1/8-inch thickness. Using 4-inch round cookie cutter, cut out 12 circles, rerolling scraps, if necessary. Fit into muffin cups; refrigerate for 30 minutes.

Maple Syrup Filling Meanwhile, in bowl, whisk together brown sugar, maple syrup, butter, eggs, vinegar and salt. Divide walnuts, currants and raisins evenly among pastry shells. Spoon 1/4 cup filling into each shell.

Bake until filling is set and pastry is golden, 20 to 25 minutes. Run thin knife blade around edges to release tarts. Let cool in pan on rack for 20 minutes. Transfer to rack; let cool. *(Make-ahead: Store in single layer in airtight container at room temperature for up to 1 day.)*

PER TART about 283 cal, 3 g pro, 15 g total fat (7 g sat. fat), 35 g carb, 1 g fibre, 55 mg chol, 204 mg sodium.

No time on Christmas Eve?
BAKE IT IN ADVANCE AND STORE IN THE FREEZER, THEN REH
RÉVEILLON TOURTIÈRE

COOK THE COVER

our prettiest easter CAKE

Speckled with chocolate eggs and whimsical dots of Magic Frosting, our best and prettiest carrot cake sweetens up Easter in the most delightful way.

RECIPE THE TEST KITCHEN | **PHOTOGRAPHY** MAYA VISNYEI
FOOD STYLING CLAIRE STUBBS | **PROP STYLING** CATHERINE DOHERTY

MAGIC FROSTED CARROT CAKE

Canadian Living
HOLIDAY ENTERTAINING
COOKIE & DESSERT RECIPES • BRUNCH & DINNER IDEAS
APPETIZERS & DRINKS • FESTIVE CRAFTS & DECOR TIPS

CLASSIC NANAIMO BARS

MAKES 25 PIECES
HANDS-ON TIME 20 MINUTES
TOTAL TIME 2 3/4 HOURS

1 cup	graham cracker crumbs
1/2 cup	sweetened shredded coconut
1/3 cup	finely chopped walnuts
1/4 cup	cocoa powder
1/4 cup	granulated sugar
1/3 cup	butter, melted
1	egg, lightly beaten

Filling

1/4 cup	unsalted butter, softened
2 tbsp	custard powder
1/2 tsp	vanilla
2 cups	icing sugar
2 tbsp	milk (approx)

Topping

115 g	semisweet chocolate, chopped
1 tbsp	unsalted butter

Preheat oven to 350°F; line 9-inch square cake pan with parchment paper. In bowl, stir together graham crumbs, coconut, walnuts, cocoa powder and sugar. Drizzle with butter and egg, stirring until combined. Press into prepared pan. Bake oven until firm, about 10 minutes. Let cool in pan on rack.

Filling In bowl, beat together butter, custard powder and vanilla. Beat in icing sugar alternately with milk, making 3 additions of sugar and 2 of milk and adding up to 1 tsp more milk if too thick to spread. Spread over cooled base. Refrigerate until firm, about 1 hour.

Topping In heatproof bowl over saucepan of hot (not boiling) water, melt chocolate with butter; spread over filling. Refrigerate until chocolate is almost set, about 30 minutes.

With tip of knife, score into bars; refrigerate until chocolate is completely set, about 30 minutes. *(Make-ahead: Wrap and refrigerate for up to 4 days or overwrap in foil and freeze for up to 2 weeks.)* Cut into bars.

PER PIECE about 150 cal, 1 g pro, 9 g total fat (5 g sat. fat), 19 g carb (1 g dietary fibre, 16 g sugar), 20 mg chol, 65 mg sodium, 62 mg potassium.

Taking the plunge

For a bra that supports you through both everyday moments and special events, look no further than the brand-new Push-Up Scalloped Bra from la Vie en Rose.

LA VIE EN ROSE Push-Up Scalloped Bra, available in four colours, $49.95 each, lavieenrose.com.

● ● ● ●

Shopping for a bra is personal, and for one to win a spot in your underwear drawer, it has to meet some requirements. Factors like support preference, body shape, fabric and cut are important to consider, and because nothing boosts confidence like a well-fitting bra, it must be comfortable and look seamless under clothing.

The new Push-Up Scalloped Bra from la Vie en Rose hits all the marks, providing gentle support with demi-cup coverage and microfibre wings for an extra-smooth silhouette, plus adjustable straps that can be crossed when your ensemble calls for it. This bra is a closet essential thanks to its versatility and comfort, but its luxe satiny feel and chic scalloped edge take it up a notch, making it perfect for day-to-day wear *and* a go-to for special occasions. We'll take one in every colour!

How can you wear it?

HERE'S SOME INSPIRATION.

Confident at work

Whether your office dress code is formal or flexible, you can feel empowered with the Push-Up Scalloped Bra. Don it under a silky blouse or knit top for all-day support and comfort—so you can focus on getting the job done.

Stylish for a night out

When it's time to head out for a night on the town, the Push-Up Scalloped Bra is your number one ally. It adapts to your favourite outfits and a variety of necklines, thanks to its adjustable straps and plunge cup design. Whether you opt for a boat neck top or deep-V bodysuit, you can expect a flawless look.

Comfortable for everyday wear

The key word? Comfort. But with the Push-Up Scalloped Bra, you don't have to compromise style for a supportive fit. Offering a smooth look under tees and sweaters, light padding and a flattering shaping effect, this bra blends high-end elegance with everyday ease, so you can take on whatever the day brings with confidence.

look of the month

SOFT EYES

This month, we're switching out our black and dark brown eye makeup for lighter neutral shades. A swipe of bronze or copper liner will still define the eyes while offering a subtle, fresh-faced look.

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PHOTOGRAPHY, JULIEN FAUGÈRE/C. MODEL, MARIE-CHRISTINE (HUMANKIND); MAKEUP, NATHALIE DODON

now trending

The hottest products and the latest news from the world of beauty.

Curél
Curél
Curél
Curél

CURÉL Intensive Moisture Care Makeup Cleansing Oil, Hydrating Water Essence, Foaming Facial Wash, Facial Cream, from $30 each, shoppersdrugmart.ca.

REAL RELIEF

Every time we don a skirt or dress we're reminded—chafing happens. Friction and heat can lead to painful irritation between thighs, under arms, breasts and more. Enter Canadian brand Kaia Naturals and The Chafe Relief, a moisturizing and lubricating balm made with squalane to soothe the skin and create a barrier against the dreaded abrasion. All it takes is a pea-sized amount applied with the cooling applicator to give skin a smooth, dry finish that stops chafing in its tracks.

KAIA NATURALS The Chafe Relief, $27, kaianaturals.com.

the chafe relief

DOUBLE THE FUN

The ultra-gentle, sensitive skin-friendly facial products from Curél have officially touched down in Canada. This Japanese skin-care line is all about promoting double-cleansing and double-moisturizing. Start with the cleansing oil and follow up with the foamy facial wash to give skin a deep cleanse, then round out the routine with a hydrating essence and rich moisturizing cream. We love the ceramide-rich formulas that nourish and strengthen the moisture barrier for comfortable, soothed skin.

SKIN RESET

Get that post-exfoliation glow without the scrubbing with the new Gentle Reset Daily Exfoliating Pads from Summer Fridays. A blend of AHAs and PHAs improve texture and tone, a skin-soothing complex calms redness and irritation and glycerin banishes dryness by attracting and locking in moisture. Formulated in Korea, these pads are an ultra-easy addition to your routine if you're in search of a more revitalized visage.

SUMMER FRIDAYS.
SUMMER FRIDAYS.

SUMMER FRIDAYS Gentle Reset Daily Exfoliating Pads, $57/30 pads, sephora.ca.

PRODUCER, CHRISTINA ZISKO

BLOWN AWAY

Evoking the warm tones of a crackling fire, Dyson Beauty's newest colourway greets the upcoming holiday season in style. The limited-edition Amber Silk hue combines burgundy, copper and champagne shades for a new luxe look, but the same quick drying power and lightweight feel we know and love. Expect plenty of good hair days ahead.

Dyson Supersonic Nural **HAIR DRYER**, $630, Airwrap i.d. **MULTI-STYLER**, $800, Airstrait **STRAIGHTENER**, $700, dysoncanada.ca.

FRUITY & **FLORAL**

Envelop yourself in notes of apricot, pink grapefruit, lily of the valley, vanilla and sandalwood thanks to hair-care brand Amika's first-ever hair and body mist. The bright, fresh scent is an automatic mood-booster whether you wear it on its own or layered with your other Amika faves. Get ready to be showered with compliments with every flip of your sweet-smelling locks.

amika:aura
hair + body mist
brume corps + cheveux

AMIKA Aura Hair + Body Mist, $40, sephora.ca.

TATCHA
THE LONGEVITY SERUM

FOR THE LONG HAUL

Inspired by the Okinawan diet that incorporates ancestral herbs and plants, Tatcha's Okinawa Cellescence Complex tackles visible signs of aging with Japanese botanicals like Shikuwasa lime and shell ginger. This complex is the star of The Longevity Serum, a skin-smoothing, resilience-boosting treatment created to deliver visibly firmer skin in just one week. We're fans of the citrusy, earthy scent and gel-like consistency that glides on like a dream.

TATCHA The Longevity Serum, $112, sephora.ca.

RARE FIND

If you've been looking to add more shimmer to your makeup routine, your search stops here. Rare Beauty founder Selena Gomez has just expanded her ultra-popular lip-care range with the new Positive Light lip glosses. Available in six shades ranging from sheer iridescent to deep brown, these light-reflecting lippies deliver a glamorous glossy finish that hydrates instantly and over time.

RARE BEAUTY Positive Light Luminizing Lip Gloss, $30 each, rarebeauty.com.

Rare Beauty

peeling good

Whether you're looking for skin that's smoother, firmer, brighter or more even-toned, there's a peel for that. Here's everything you need to know to determine the right treatment for you.

TEXT ISABELLE VALLÉE

Increasingly popular, peels are treatments used to improve the look of skin by removing the damaged top layers with chemicals. Depending on their depth, peels can treat the epidermis (the outermost layer) or reach deeper into the mid-dermis. The three main peel options include at-home treatments, spa services and medical-grade procedures, and if you're feeling confused about which one to choose, we have you covered. With your skin concerns and desired results in mind, read on for a crash course in each peel to find your perfect match.

PRO TIP

One of the best ways to ensure a positive experience and optimal results is to follow the pre- and post-peel care instructions. Whether they're provided by a doctor, aesthetician or on the packaging of your at-home product, these steps are key to preserving the health of your skin.

PHOTOGRAPHY, ADOBE STOCK

AT-HOME PEELS

With low concentrations of ingredients like glycolic and salicylic acids, at-home peels work as enhanced exfoliants on the most superficial layers of the skin. By promoting cell turnover, you can expect a subtle improvement in the look of hyperpigmentation, fine lines and texture.

HOW TO USE:

While these peels are typically used once a week, always follow the directions. Plus, don't forget to apply SPF during the day!

SPA PEELS

In a spa setting, licensed aestheticians perform mild- to medium-strength peels, often using glycolic, lactic, mandelic or enzymatic acids. These treatments are typically more powerful than at-home peels, and target common concerns like acne, dull skin or pigmentation spots. The result? A "fresh skin" effect with minimal downtime.

FOR BEST RESULTS:

A series of four to six sessions, spaced two weeks to a month apart, can provide longer-lasting, more significant results.

MEDICAL-GRADE PEELS

Stronger peels with ingredients such as TCA (trichloroacetic acid) or phenol can be used in medical settings. These peels penetrate deeper into the skin and address moderate to severe acne, wrinkles, sun damage and hyperpigmentation, delivering more dramatic results.

GOOD TO KNOW:

These peels require a medical evaluation, recovery time and post-treatment care.

PRECAUTIONS BEFORE A PEEL

1. Always consult a skin-care professional.

2. Disclose any medications, skin conditions or history of cold sores to your provider.

3. Avoid sun exposure for at least one week before the treatment.

4. Avoid waxing for at least one week before the treatment.

5. Stop using active skin-care ingredients or exfoliants seven to 10 days before the treatment.

6. Do a patch test (especially if you have sensitive skin.)

7. Expect some redness, peeling or sensitivity depending on the strength of the peel.

WHAT TO DO AFTER A PEEL

1. Avoid direct sun exposure for one to two weeks.

2. Stay away from potentially irritating active ingredients (like retinol, vitamin C and exfoliating acids) for one to two weeks.

3. Avoid picking or rubbing at the skin, which can cause scarring or infection.

4. Use gentle skin-care, like fragrance-free cleansers and products with hyaluronic acid or ceramides.

Our product picks

1. **DERMALOGICA** Powerbright Dark Spot Peel, $126, dermalogica.ca.
2. **GLOW RECIPE** Watermelon Glow Dewy Defense Hydrating Fluid SPF 30, $48, sephora.ca.
3. **AESTURA** Atobarrier365 Cream, $44, sephora.ca.
4. **YVES ROCHER** Glow Energie Glow Peeling Mask, $30, yvesrocher.ca.

1
dermalogica
2
GLOW RECIPE
30
3
AESTURA
4
YVES ROCHER
GLOW ENERGIE

CLEAN *slate*

Oils, balms, gels, milks—makeup removers come in all shapes and sizes. But with so many options, how do you choose the right one for your skin? Let's break it down.

TEXT, CHRISTINA ZISKO, WITH FILES FROM ISABELLE VALLÉE. PHOTOGRAPHY, ADOBE STOCK

When we drift off to dreamland, our skin starts to do some important work. It enters repair and restore mode to counteract the stressors that damage our skin during the daytime hours, like pollution and UV rays. Collagen production goes up, blood flow increases and cell turnover is boosted while we snooze, and what's more, skin is more receptive to skin-care products, allowing active ingredients to penetrate deeply and work their magic. For all these reasons, it's no surprise that we should be heading to bed every night with clean skin—and that means investing in the right makeup remover is key.

WHICH MAKEUP REMOVER IS RIGHT FOR YOU?

Different skin types have different needs, and the same is true for makeup removal. The right one will suit both your skin type and the type of makeup you like to wear, making it easy to wash off the day while keeping your visage looking and feeling healthy.

JOUVIANCE
HYDRACTIV
4 IN 1 EN 1
CLEANSING MILK
LAIT NETTOYANT

JOUVIANCE Hydractiv Cleansing Milk, $27, jouviance.com.

Avène
LAIT DÉMAQUILLANT
MILK CLEANSER

AVÈNE Milk Cleanser, $28, shoppersdrugmart.ca.

milk

This gentle, hydrating formula works wonderfully for dry, sensitive and mature skin types, removing makeup and impurities without stripping the skin of natural oils.

How to use: Apply with fingers or a cotton pad, gently massaging in circular motions until makeup dissolves. Rinse with water.

balm

A balm is a great choice for those who wear heavy makeup—the rich buttery texture melts away foundation and stubborn products like liquid eyeliner and mascara. Dry skin will love the nourishing formula and, because oil dissolves oil, oily skin types can use a balm to control sebum without overdrying.

How to use: Warm a small amount in your hands before massaging onto dry skin to dissolve makeup. Add a bit of water to emulsify and rinse with lukewarm water.

WATIER
Solution confort
Baume fondant démaquillant
Cleansing Melting Balm

WATIER Solution Confort Cleansing Melting Balm, $41, watier.com.

ELEMIS
PRO-COLLAGEN
BLACK CHERRY CLEANSING BALM
Hydrating cleansing balm

ELEMIS Black Cherry Pro-Collagen Cleansing Balm, $97, sephora.ca.

COMMON MISTAKES TO AVOID

USING BODY SOAP ON YOUR FACE

Products designed for use on the body don't consider the needs of facial skin, which is thinner, more delicate and more frequently exposed to external stressors.

SKIPPING HANDWASHING BEFORE CLEANSING

It may seem obvious, but it's easy to forget! Hands are in contact with bacteria constantly, so give them a wash before touching your face.

SCRUBBING TOO HARD

Especially around the eyes and neck, aggressive rubbing can damage the skin barrier. Keep your movements gentle and let the product do the work.

USING WATER THAT'S TOO HOT

Hot water doesn't clean better—it can compromise the skin barrier and dry out your face. Using lukewarm water will get the job done without stressing your skin.

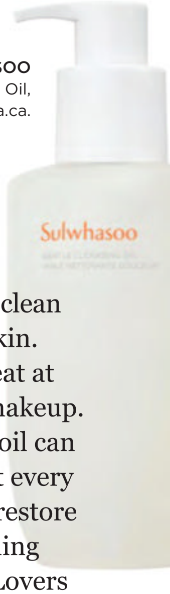
MERIT Great Skin Double Cleanse Face Wash, $44, sephora.ca.

CLARINS Gentle Renewing Cleansing Mousse, $46, clarins.ca.

foam

Creamy and purifying, foam regulates oil and tightens pores—but may not be strong enough for long-wear makeup. Typically, foaming cleansers work best to wash away light makeup rather than the heavier waterproof formulas. A bubbly lather thoroughly cleanses pores, making this formula a great option for oily, acne-prone skin.

How to use: Dampen face, apply a small amount in your hands, massage gently over the face and rinse.



SULWHASOO Gentle Cleasing Oil, $54, sephora.ca.

oil

Gentle and effective, cleansing oils deeply clean pores—even on oily skin. They're especially great at removing stubborn makeup. A makeup-removing oil can be used for just about every skin type, as it helps restore hydration while washing away excess sebum. Lovers of longwear makeup and water-resistant SPF will appreciate an oil's ability to dissolve them away without disrupting the skin barrier.

How to use: Warm a small amount in your hands, massage gently over face (including eyes and lips), add water to emulsify, then rinse with lukewarm water.

CURÉL Intensive Moisture Care Makeup Cleansing Oil, $30, shoppersdrugmart.ca.

AVEENO Calm + Restore Nourishing Make-Up Removing Wipes, $14, walmart.ca.

SEPHORA COLLECTION Glowing Cleansing Wipes, $10, sephora.ca.

wipes

While super convenient for removing makeup quickly and on-the-go, wipes should be followed up with a proper cleanser for a deep clean, especially if you don heavy makeup.

How to use: With gentle strokes, run the wipe across your face to remove makeup, then wash your face to cleanse away any remaining impurities.

URIAGE Refreshing Make-Up Removing Jelly, $18.50, uriage.ca.

URIAGE
EAU THERMALE
GELÉE FRAÎCHE DÉMAQUILLANTE
REFRESHING MAKE-UP REMOVING JELLY
50ml
5fl.oz.

> *We should be heading to bed every night with clean skin—and that means investing in the right makeup remover is key.*

gel

With its light texture and refreshing feel, cleansing gel is a great choice for normal, combination or oily skin. The formula purifies and removes excess sebum for an ultra-clean feel.

How to use: Dampen skin, apply a small amount of gel, lather over face and neck and rinse thoroughly with lukewarm water.

LA ROCHE-POSAY Vitamin C Foaming Gel Cleanser, $33, laroche-posay.ca.

LA ROCHE-POSAY
LABORATOIRE DERMATOLOGIQUE
VITAMIN C
BRIGHTENING CLEANSER

BIODERMA
LABORATOIRE DERMATOLOGIQUE
Hydrabio
H2O
500 ml
16.7 FL.OZ.

BIODERMA Hydrabio H_2O Moisturising Micellar Water Makeup Remover, $25, well.ca.

micellar water

This gentle cleanser feels like plain water, but actually contains cleansing molecules called micelles that trap stubborn dirt, sebum and makeup. Thanks to its gentle cleansing action, micellar water is suitable for both dry and oily skin, as it controls oil without causing irritation.

How to use: Pour onto a cotton pad or reusable cloth, gently apply to face, neck and lips without rubbing. Rinse if desired.

GARNIER
SKINACTIVE
Micellar Cleansing Water
Eau Micellaire Nettoyante

GARNIER SkinActive Micellar Cleansing Water, $15, shoppersdrugmart.ca.

SKINCARE *Super* POWER
FOR YOUR SHOWER!

5+ INGREDIENTS for LUMINOUS SKIN
OLAY
Super
SERUM
BODY WASH
for Normal Skin
Serum Complex with:
Niacinamide
BHA
Collagen Peptide
Vitamin C
Vitamin E

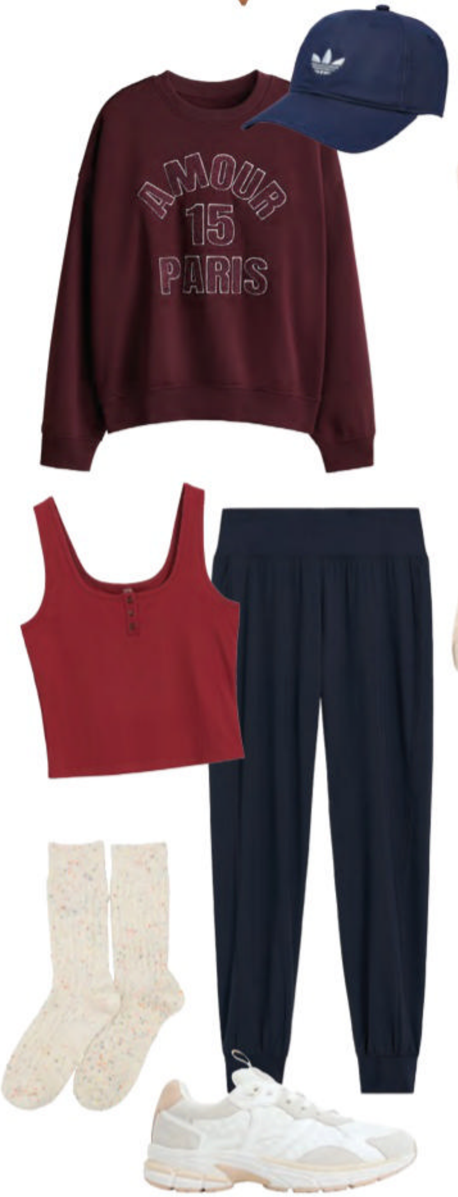
OLAY
BODY

© 2025 P&G

styled COMFY COZY

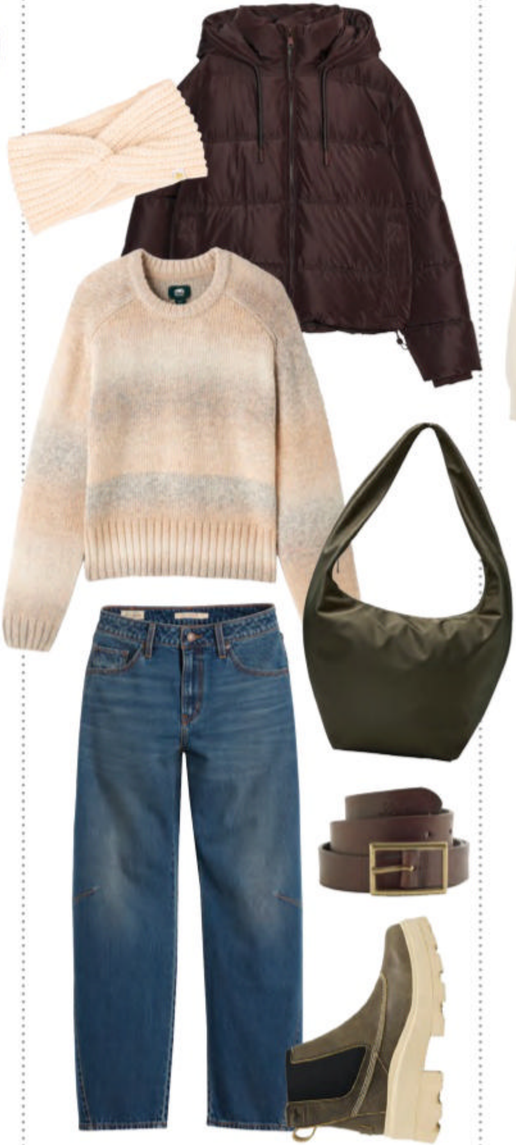
Soft textures, loose silhouettes and stretchy fabrics characterize these outfits that maximize comfort without sparing style.

LOOK 1



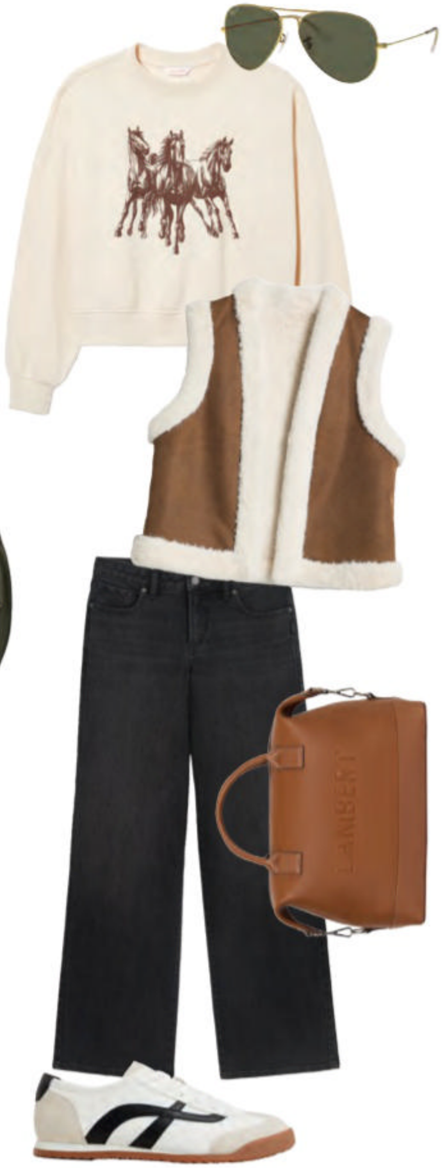
Hyba Short Ribbed **TANK TOP** in Biking Red, $40, Jogger **PANTS**, $55, reitmans.com. **SWEATSHIRT** with Motif in Burgundy/Amour, $30, hm.com/ca. Adidas Originals Embroidered Logo **BASEBALL CAP** in Navy/Midnight Blue, $30, simons.ca. Amsterdam **SOCKS** in Cream, $20, nanathebrand.com. Pillowsnkr **SNEAKERS** in White, $110, aldoshoes.com.

LOOK 2



Colborne Crew **SWEATER** in Oatmeal Ombre, $98, roots.com. Water and Wind Protection Short Quilted **ANORAK** in Brown, $90, zara.com. Baggy Dad Barrel **JEANS** in Most Wanted, $128, levi.com. Bouclé Texture Twisted **HEADBAND** in Ivory/Cream Beige, $29, Supple Deluxe Fabric **TOTE BAG** in Khaki/Sage/Olive, $79, simons.ca. Leather **BELT**, $70, levi.com. Joan Frwd Leather Chelsea **BOOTS** in Canoe/Bleached Ceramic, $210, sorelfootwear.ca.

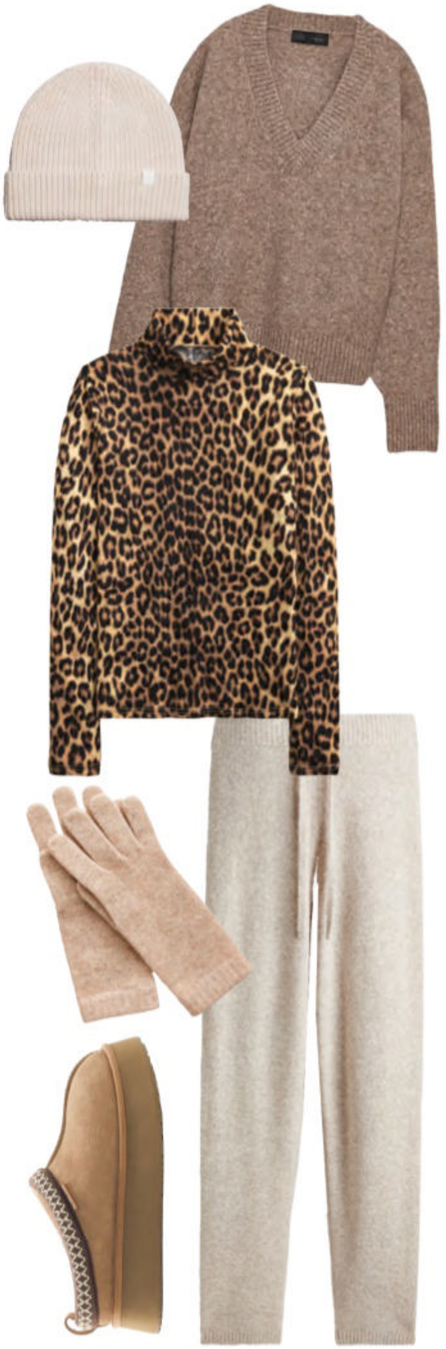
LOOK 3



Graphic **SWEATSHIRT** in Ecru, $39, joefresh.com. Reversible Sleeveless **VEST** in Nuthatch, $120, rw-co.com. Highly Desirable High-Rise Ultra Wide-Leg **JEANS**, $128, silverjeans.ca. Ray-Ban Classic Aviator **SUNGLASSES**, $228, amazon.ca. The Mae Mini Travel **BAG** in Affogato, $180, designlambert.com. Beaa Low-Top **SNEAKERS** in White Multi, $57, callitspring.com.

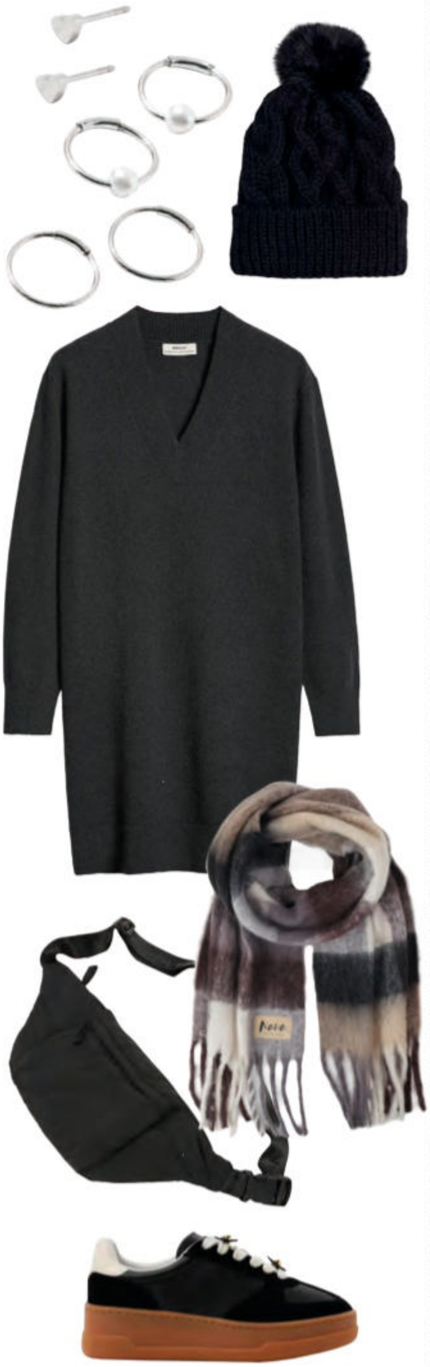
PRODUCER, ISABELLE VALLÉE

LOOK 4



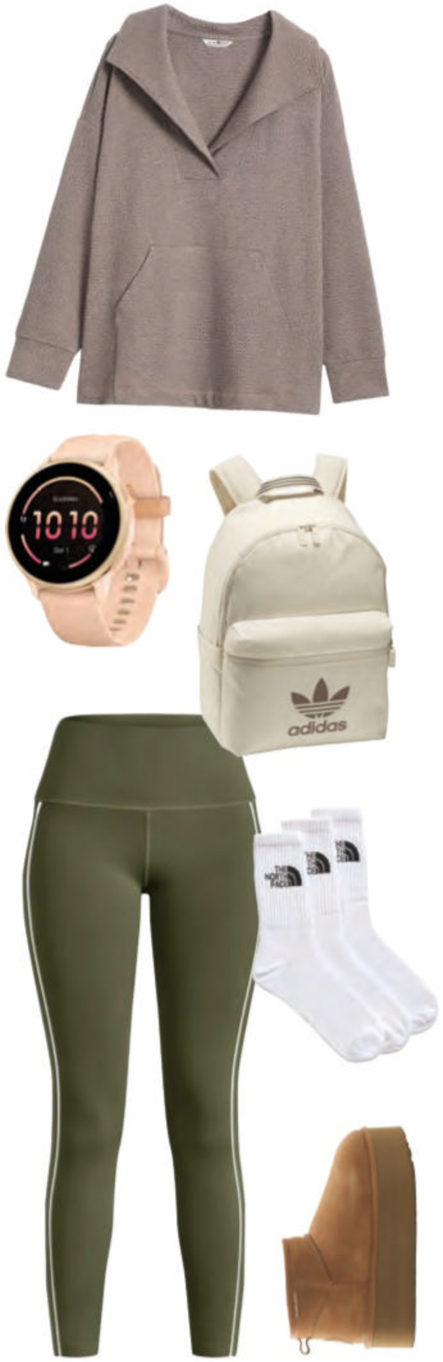
Feather Jersey Leopard **TURTLENECK**, $88, jcrew.com. Soft V-Neck Knit **SWEATER** in Mink Marl, $66, zara.com. Fine-Knit **JOGGERS** in Light Beige Melange, $45, hm.com/ca. Close-Fit Wool-Blend Ribbed **TOQUE** in Heathered Bone, $48, lululemon.ca. Cashmere **GLOVES** in Taupe, $69, simons.ca. Riverland Vestige Slip-On **SHOES**, $80, yellowshoes.com.

LOOK 5



Merino V-Neck Sweater **DRESS** in Slate Gray, $150, rw-co.com. Cable-Knit Pom-Pom **TOQUE**, $15, hm.com/ca. **EARRINGS** in Silver, $29/3-pair set, simons.ca. Geneve **SCARF** in Taupe Multi, $49, nanathebrand.com. Hyba Puffy Crossbody **BAG** in Black, $40, reitmans.com. Deevale **SNEAKERS** in Black, $110, aldoshoes.com.

LOOK 6



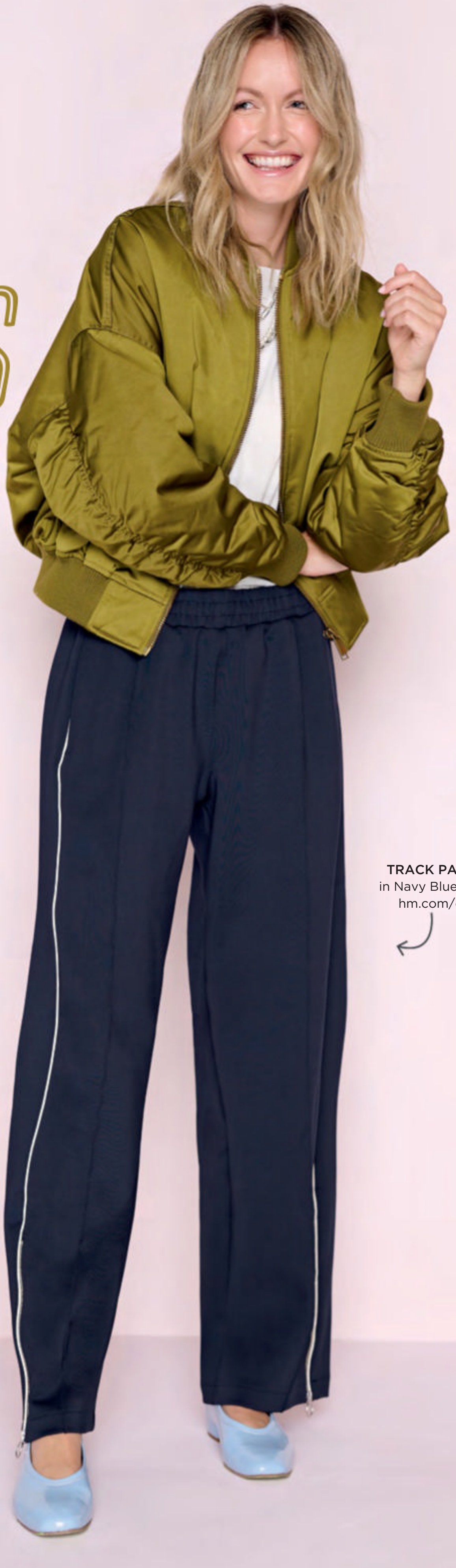
Textured Mock-Neck **SWEATER** in Coffee Quartz, $70, penningtons.com. HiTouch High Rise **LEGGINGS** with Piping in Olive, $90, knix.ca. Garmin Vivoactive 6 **SMARTWATCH** in Pink Dawn, $440, altitude-sports.com. Adidas Original Adicolor Urban **BACKPACK**, $50, sportsexperts.ca. The North Face Everyday Athletic **SOCKS**, $30/pack of 3, simons.ca. Riverland Evocation H20 **BOOTS**, $95, yellowshoes.com.

ONE PAIR OF TRACK PANTS

3 LOOKS

Who says track pants only belong in the gym? With the right styling, it's totally possible to rock these comfy bottoms everywhere from date night to the office.

TEXT CHRISTINA ZISKO



TRACK PANTS in Navy Blue, $50, hm.com/ca.

weeknight

A statement jacket, metallic accessories or chic heeled footwear can instantly dress up casual pants, but to really take your look to the next level, try a combo of all three!

Liam Oversized **T-SHIRT** in White, $88, thereformation.com. Ciré Bomber **JACKET** in Pistachio, $295, michaelkors.com. Nova Sterling Silver-Plated **NECKLACE**, $150, draecollection.com. Torza Leather Ballet **PUMPS** in Sky, $265, maguireshoes.com.

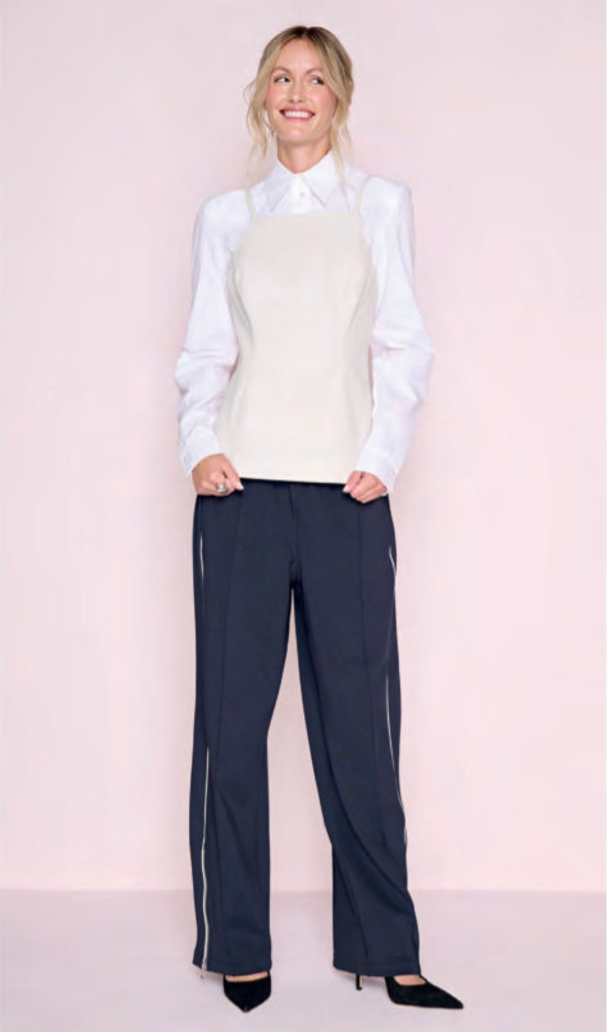
PHOTOGRAPHY, BRUNO PETROZZA/C. STYLING, CAMILLE INTERNOSCIA. MODEL, VALÉRIE (MONTAGE). MAKEUP, ANAÏS CÔTÉ

Effortlessly blending fashion and function, sporty track pants can be elevated from gymwear to a core piece of your everyday wardrobe in a snap. Check out these looks for inspiration to style your own pair.

work

Athleticwear is transformed into officewear with a classic button-down and elegant heels. For an extra dose of style, finish off the ensemble with a vest or top that nips in at the waist.

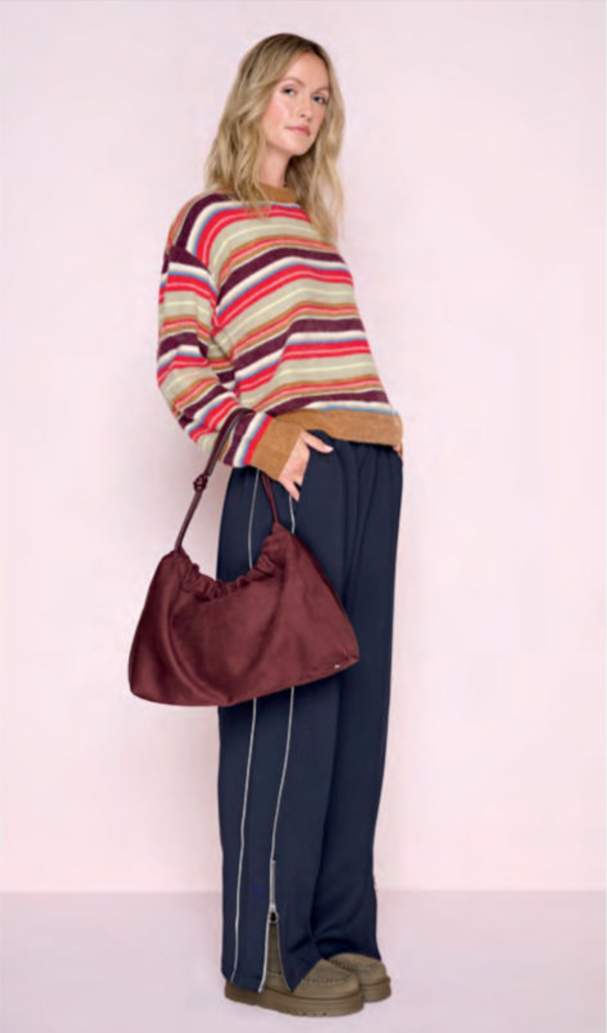
Cotton **SHIRT**, $84, hm.com/ca. Ilona Leather Hourglass **TOP** in Whisper White, $320, lamarquecollection.com. Jameson Silver-Plated Recycled Bubble Dome **RING**, $59, pilgrim.ca. Elyse Suede **PUMPS** in Black, $178, michaelkors.com.



weekend

Pair your track pants with a soft sweater and cozy booties for an outfit just made for a laid-back Sunday afternoon.

Cozy Crew **SWEATER** in Multi Stripe, $120, ca.brixton.com. Lara **BAG** in Mahogany, $125, designlambert.com. Milanie **BOOTS** in Dark Green, $130, aldoshoes.com.



GET THE LOOK

Feeling inspired? There are plenty of stylish track pants on the market.

Adicolor Classic Firebird **TRACK PANTS** in Aurora Plum/Black, $90, adidas.ca.

Washed Effect Interlock **PANTS** in Sand, $46, zara.com.

Hyba **TRACK PANTS**, $55, reitmans.com.

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Canadian Living

Sharing inspiring food, fashion, health, DIY, career ideas & more.

canadianliving.com

motivation of the month
GOING SOLO

In the era of hyperconnectivity, spending time alone can be just what you need to recharge. The simple pleasure of solitude is the chance to reconnect with yourself and channel your energy into creative pursuits that fuel you—take a walk, people watch at your local café or take a course in something you've never tried. Whether you're embracing the single life or taking some important "me" time, solitude offers some serenity in our busy lives.

life & community

travel trends
36

travel accessories
40

PHOTOGRAPHY, ISTOCKPHOTO

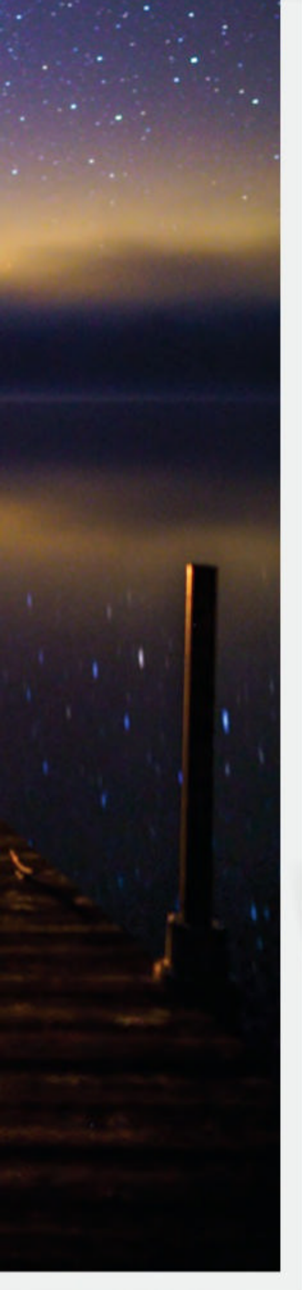
Great ESCAPES

From stargazing to crafting to relaxing in style, let these five travel trends serve as inspiration for your next vacation.

TEXT MARIE WAINE

Choosing where to go on vacation can be tough—you only get so many days a year away from home, and you want to make the most of them. Our one piece of advice? Get specific. What do you want to get out of your trip? Is it to completely unwind from your busy life or to rediscover your creative side? Maybe it's time to try something completely new, like one of these trending travel ideas.

PHOTOGRAPHY, ISTOCKPHOTO (ALGONQUIN PARK)



Fairmont Hotel Vancouver

1

Noctourism

You may have mastered how to make the most of each day while on vacation, but what about each night? A recent study from Booking.com showed that more than half of the travellers polled would love to visit dark-sky destinations for starbathing and to witness cosmic events. There are tons of parks across Canada that offer nighttime programming, like Algonquin's Under The Stars events, where you can spend an evening outdoors in the dark with astronomers to learn about the sky.

If you're a night owl but prefer the indoors, head to the Fairmont Hotel Vancouver for Castle Confidential, an interactive mystery experience where you'll put your investigative skills to the test. Expect to work through riddles, clues and challenges before ending the night at the grand finale cocktail reception.

2

Literary Tourism

Books transport us to different times and places. Now, we're taking it literally and adventuring to the sets of our favourite stories. Take Barry's Bay, Ont., for example. As the backdrop to Canadian author Carley Fortune's *Every Summer After* and *One Golden Summer*, you can now walk in the steps of her characters and visit the real-life places that inspired her writing. Head to Madawaska Coffee Co. for a latte and Wilno Tavern Restaurant for jumbo perogies.

If you want to connect with other book lovers during your travels, The Enchanted Book Club offers tours that whisk you away to literary landmarks around the world, like the Poet's Corner of Westminster Abbey or the real Secret Garden. You'll see cities through the eyes of your favourite authors and have a chance to discuss some of your favourite plot points.

WILNO TAVERN RESTAURANT
Historic Village Pub

Wilno Tavern Restaurant

Green Gables Heritage Place

Pacific Sands Beach Resort

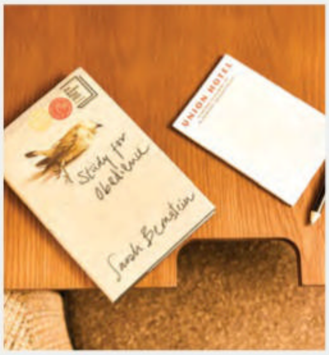
3

Hotel Collaborations

Hotels are teaming up with brands we know and trust to create a more immersive and engaging experience for your next vacation. We love this idea—especially when we see Canadian companies supporting each other!

The Pacific Sands Beach Resort in Tofino, B.C., is working with Canada's Silk & Snow to outfit an entire suite in the brand's bedding and furniture—you're basically guaranteed a restorative time away. A few of the perks include a slumber on Silk & Snow's organic mattress, the ability to choose the best pillow for your sleep style and weighted blankets for your afternoon nap.

Another place you can go to get a two-for-one is Toronto's Union Hotel. The independent boutique property has partnered with the Giller Foundation to celebrate Canadian authors. Book a stay here and you'll have access to a Giller Prize-winning or nominated book right in your room. If you want to switch it out for something else, head down to the hotel's library and peruse a curated collection of Giller Prize books.



Humble Donkey restaurant in Union Hotel

4

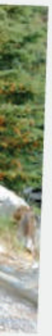
Female-Focused Excursions

Now's the time to take a girls' trip—or go it solo! Women-led tours offer inclusivity and accessibility to go on that trip of your dreams. Besides providing adventure in a safe and secure space, these experiences will give you the chance to connect with other women from around the world and with yourself.

We're partial to The Culinary Table, a multi-day experience in southern Portugal where you'll delve into storytelling through food. Expect to learn about, cook and eat delicious meals with people who share the same passion.

If you only have a day or two to spend on yourself, Colour The Trails, a national Black woman-owned business, makes it accessible for BIPoC adventurers to get outdoors and explore. The company hosts events throughout Canada, like apple-picking in Quebec or bike riding in B.C.

A biking event in Whistler hosted by Colour the Trails.



Head to Spain to experience silk painting with VAWAA

Stone Manor Studios

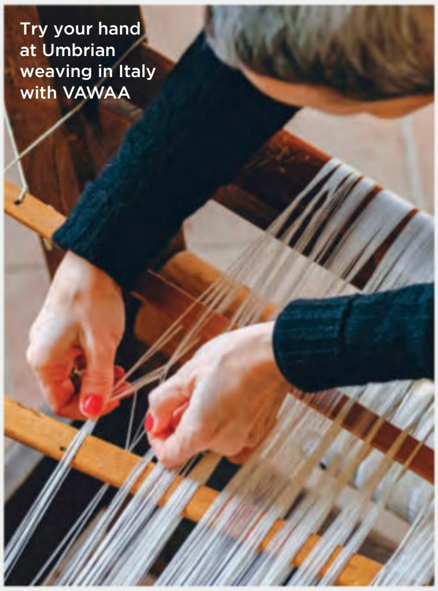
5

Crafting

If you love to knit, paint or throw clay (or have always wanted to try!), it's time to embrace your creativity. Studies show that practicing art-based mediums can actually help us reach our vacation goals, like reducing anxiety and negative emotions.

Stone Manor Studios in Newboro, Ont., offers weekend retreats where you can enjoy artist-led rug hooking workshops and connect with other creators. Plus, a collab with the local Poplars Resort means you can tap into your artistic side while immersed in lakeside beauty.

For a more personal experience, book a mini-apprenticeship on Vacation with an Artist (VAWAA). This platform connects you with artists around the world who are willing to teach you their craft one-on-one in their studios—and some even offer their homes for accommodation. There are more than 165 artists offering a diverse range of niche classes (traditional brass bell crafting, anyone?), so we know you won't have trouble finding an adventure that speaks to you.



Try your hand at Umbrian weaving in Italy with VAWAA

Poplars Resort

PACK LIKE A PRO

Multiple layovers, cramped quarters, jam-packed itineraries—the right accessories can make even the most demanding travel plans more manageable. These picks make packing a breeze, so you can put your mind to sunbathing and sightseeing.

PRODUCER CHRISTINA ZISKO

A solid construction, smooth wheels and anti-microbial lining make this carry-on luggage a travel bug's BFF.

Carry-On **LUGGAGE** in Blue Haze, $295, ca.monos.com.

Transfer creams, shampoos and gels into these 100 ml leak-proof bottles to ensure they meet your airline's liquid requirements.

Opret Silicone **TRAVEL BOTTLES**, $15/3-piece set, amazon.ca.

A trolley strap allows this lightweight bag to attach to your luggage, plus the entire bag folds into an internal pocket for super space-saving.

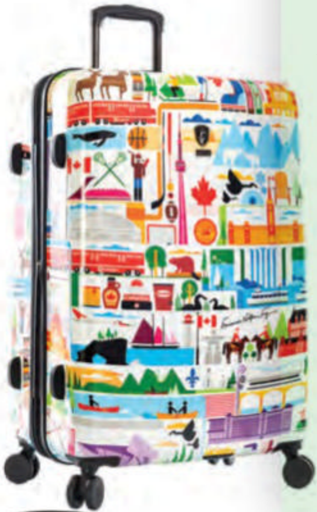
Portland Packable **TOTE BAG** in Ash Rose, $48, herschel.ca.

Anti-theft features like an anti-slash pouch, reinforced bottom and lockable pockets help keep your belongings safe while jet-setting for extra peace of mind.

Metro Reversible **SLING BAG** in Aloe Mist, $102, sherpani.com.

Show your Canadian pride with this luggage cheekily adorned with maple syrup, beavers, canoes and other well-known Canuck emblems.

Fernando by Heys 30" Canada II **LUGGAGE**, $270, ca.heys.com.



In the dreaded event of a misplaced bag, you'll be glad to have it tagged with your contact info, and this cute design makes your luggage easy to spot on the carousel.

Jetstream **LUGGAGE TAG**, $5, walmart.ca.

Hang this toiletry bag in the washroom to save counterspace and keep your cosmetics in view.

Mytagalongs My Hanging **TOILETRY CASE** in Desert Rose, $40, well.ca.

This 3-in-1 set includes an adorable passport cover, a pouch for cash and a wallet with slots and pockets to hold your cards and important travel docs.

Wanderlust **TRAVEL WALLET** in Black, $75, poppyandpeonies.com.

Keep your bags neat and organized with this set of packing cubes in assorted sizes.

Champs Luggage Vintage Collection Travel **STORAGE CUBES** in Off White, $40/6-piece set, simons.ca.

health hack of the month

HUM FOR HEALTH

You might not expect it, but humming has some serious health benefits! A recent study shows that humming can lower stress and heart rate, while increasing heart rate variability (HRV), a marker of overall health and resilience that indicates how your body recovers from stress. Humming activates the parasympathetic nervous system, your "rest and digest" mode, promoting a state of calm and relaxation. The best thing? Anyone can do it! Try humming along to your favourite song or simply take a deep breath and let out a gentle "mmm" on your exhale. Tune in to those good vibrations.

health & fitness

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body talk 44

PHOTOGRAPHY, ISTOCKPHOTO

Praise for peppercorn

Peppercorns are derived from the fruit, or drupe, of the flowering vine *Piper nigrum*. It is one of the world's most-traded spices and a staple in kitchens around the globe. Used for its gentle heat and strong flavour, pepper can enhance almost any savoury dish. Deemed the King of Spices, pepper doesn't just add a kick to your meal; it has many other uses, including medical, as a preservative and in perfumery. Here's why this superfood puts the pep in our step!

TEXT MADELEINE LAVIN

THE BENEFITS

Piperine Dream

The star ingredient in peppercorn is the active plant compound piperine, which is responsible for pepper's spicy taste as well as its potent antioxidant and anti-inflammatory effects. Many studies cite piperine as the primary driver behind pepper's health-promoting effects, including enhanced insulin sensitivity, anti-cancer properties, antimicrobial activity and cardiovascular protection. Animal studies have also linked piperine with improved brain function, which may be helpful for symptoms related to degenerative brain conditions like Alzheimer's and Parkinson's.

Bio Booster

One of piperine's main benefits is its ability to increase uptake of essential minerals, such as calcium, selenium and iron, as well as other beneficial plant-based antioxidants. For instance, while turmeric is a well-documented health-boosting powerhouse, its active ingredient, curcumin, is not well absorbed by the body. While both spices have their own benefits, research supports the idea that consuming pepper with turmeric may offer the significant advantage of enhancing the body's ability to absorb curcumin by up to 2,000 percent.

Ache Break

In traditional medicine, black pepper has been used as a pain reliever, and there is scientific evidence to back it up. Animal models have demonstrated that black pepper exhibits effective analgesic properties. Due to its anti-inflammatory effects, black pepper provides effective pain relief. One study showed that black pepper, combined with turmeric and ginger, was almost as effective as prescription medication for patients with osteoarthritis.

DID YOU KNOW?

Peppercorn comes in a variety of colours: black (cooked and dried unripe fruit), green (preserved unripe fruit) and white (ripe fruit seeds). However, pink peppercorns are a different species unrelated to *Piper nigrum*.

BEAUTY NOTES

SPICE UP YOUR HAIR- AND SKIN-CARE ROUTINES WITH THESE PEPPERY PRODUCTS.

MOLTON BROWN Re-charge Black Pepper Body Lotion, $56, holtrenfrew.com.

SUGAR AND SPICE Black Peppercorn Beard Balm, $17, sugarandspicebbc.ca.

ATTITUDE Super Leaves Essential Oils Colorlast Conditioner in Patchouli & Black Pepper, $22, ca.attitudeliving.com.

PHOTOGRAPHY, ADOBE STOCK (CRACKED PEPPER)

POACHED SALMON WITH GREEN PEPPERCORN TARRAGON SAUCE

MAKES 6 SERVINGS
HANDS-ON TIME 20 MINUTES
TOTAL TIME 1 HOUR

Peppercorn Tarragon Sauce

1/2 cup	sour cream
1/3 cup	mayonnaise
2 tbsp	drained and chopped green peppercorns, brine discarded
1 tbsp	extra-virgin olive oil
2 tsp	white balsamic vinegar
2 tsp	white wine vinegar
1/4 tsp	salt
4 tsp	chopped fresh tarragon

Poached Salmon

1 cup	dry white wine
1	onion, sliced
1	stalk celery, sliced
4	sprigs fresh tarragon
4	sprigs fresh flat-leaf parsley
1 tbsp	black peppercorns
1/4 cup	lemon juice
1 tsp	salt
6	150 g salmon fillets

Peppercorn Tarragon Sauce In bowl, whisk together sour cream, mayonnaise, peppercorns, oil, vinegars and salt. Cover and refrigerate for 30 minutes. *(Make-ahead: Can be refrigerated for up to 2 days.)* Stir in tarragon.

Poached Salmon In large saucepan, combine 6 cups water, the wine, onion, celery, tarragon, parsley, peppercorns, lemon and salt; bring to boil. Cover and simmer for 15 minutes. *(Make-ahead: Can be covered and set aside for up to 6 hours; return to simmering before continuing with recipe.)*

Place salmon in saucepan, fully submerged in broth. Cover and simmer gently for 6 minutes. Remove from heat and let stand, covered, until fish flakes easily when tested with fork, 4 to 6 minutes. Using slotted spatula, divide salmon among plates; top with Peppercorn Tarragon Sauce.

PER SERVING about 420 cal, 30 g pro, 31 g total fat (7 g sat. fat), 3 g carb, 96 mg chol, 453 mg sodium.

PHOTOGRAPHY, BRUNO PETROZZA/C. FOOD & PROP STYLING, MÉLANIE MARCHAND

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10 20 30 40 50 60 70 80 90 100 110 120 130

FOOD fight

Women in midlife are the new face of disordered eating.

TEXT KAREN ROBOCK

PHOTOGRAPHY, GETTY IMAGES

In Canada, it's estimated that 1.7 million people suffer from an eating disorder.

And not all of them are teen girls. In fact, as many as 29 percent of women in perimenopause (the roughly four- to eight-year window that typically falls in a woman's 40s) could be experiencing specific symptoms of an eating disorder. Between the crazy hormones, crushing stress, body changes and pressure to look forever young, no wonder so many of us are fighting with our food.

Defining disordered eating

Although different types of eating disorders have distinct symptoms, each condition involves a hyper-focus on food and eating, which is associated with distressing thoughts and emotions. A few of the most common eating disorders include anorexia nervosa, which is characterized by intense periods of restrictive eating; binge eating disorder which involves eating large quantities of food and then experiencing shame, distress, or guilt; and bulimia nervosa which involves binge eating followed by purging. Eating disorders also tend to occur alongside other mental health issues like mood and anxiety disorders, obsessive-compulsive disorder, and alcohol and substance disorders. It's estimated that 50 percent of people with eating disorders also meet the criteria for depression.

At its core, an eating disorder is a coping mechanism, says Heather Noble, a registered dietitian specializing in eating disorders at Cleveland Clinic Canada. "This is a way that individuals can seek comfort, a safety net, a way to feel in control," she says. An eating disorder can be triggered by a major life change or traumatic event, such as loss of a loved one, a divorce, or a serious illness. Eating disorders can also develop in response to a drastic physical change, like puberty, pregnancy, or the hormonal shifts that come with the onset of menopause.

Why are we seeing a surge in eating disorders in women over 40?

One theory is that this group has simply gone mostly unnoticed until now. "Women over 40 are still often overlooked," says Emily Tam, a registered dietitian with the University Health Network's National Eating Disorder Information Centre in Toronto. "Eating disorders continue to be widely perceived as conditions that mostly affect teens and young adults and, as a result, women (and people of all genders) in their 40s or older often aren't screened for them and the disorders go undetected," she says.

The stereotypical patient with anorexia nervosa, for example, is imagined as young, white and painfully thin. However, we know that none of those things are necessarily true. In fact, atypical anorexia nervosa (which shares all of the symptoms aside from being underweight) is actually much more common. Research also shows that eating disorders are as prevalent among Black, Indigenous and other racialized groups as with white women.

“Eating disorders don’t discriminate against age, sex, gender, size, racial and ethnic backgrounds, sexual orientation or socioeconomic statuses,” says Noble.

Perhaps most persistent is the idea that women with disordered eating are all very young. “I’ve had many middle-aged patients describe a feeling of imposter syndrome around being older and struggling with these symptoms,” says Noble. But research shows that while rates of anorexia nervosa do plateau for women around age 26, rates of bulimia nervosa actually peak closer to age 47.

In some ways, midlife can be a perfect storm of physical, mental, and emotional stressors that’s not dissimilar from the teen years. The highs and lows of the perimenopausal hormonal rollercoaster, coupled with peak career stress and the demands of the sandwich generation, may help to explain a spike in 40-something women seeking treatment for either new or existing struggles with food. Plus, underlying issues such as low self-esteem, relationship and interpersonal issues, and perfectionism can all play a part. “For some women, these issues may become particularly prominent during midlife,” says Tam. Then, to top it all off, there’s the unrelenting cultural pressure to stay thin and youthful.

Does that mean that a woman in her 40s, or beyond, could experience an eating disorder for the very first time? It’s possible. “Research findings indicate that most midlife women with eating disorders have either experienced a persistent struggle with disordered eating since adolescence or have experienced a relapse after recovering from disordered eating,” says Tam. “In some cases, however, the eating disorder simply develops in midlife, even in the absence of a history of symptoms.”

Treating eating disorders in older women

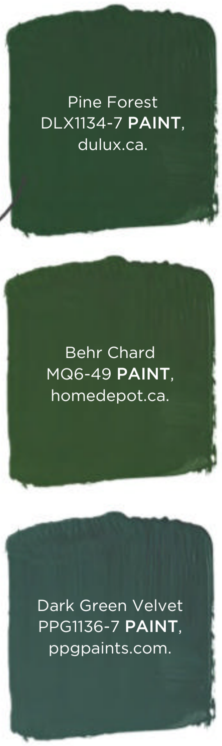
No matter a woman’s age, living with an eating disorder has the potential to impact physical and mental health—and sometimes the damage can be significant. A lack of proper nourishment can lower blood pressure and damage the heart. Frequent purging can disrupt the digestive system, contribute to bone loss, and damage teeth. And as we age, our bodies don’t bounce back like we used to from muscle loss or a slowed metabolic rate. That’s why it’s so important for women to be able to seek treatment.

Eating disorders can be diagnosed by a primary physician, nurse practitioner or a psychologist. Treatment typically includes a mix of specific types of talk therapy, medical monitoring, medications to treat the disorder directly or to address underlying mental health issues that might be impacting the eating disorder, such as anxiety or depression, in addition to nutrition education. And while a multipronged approach does work best, even personalized treatment plans are not always tailored with midlife in mind, says Tam, because many of the evidence-based go-to treatments were developed from research with young women. “Continued research into approaches that prioritize quality of life, such as enhancing life enjoyment and fulfillment alongside symptom management, may offer meaningful benefits for women in midlife and older age,” she says.

“What makes this population unique is typically they have lived many years struggling with food and weight and reach a point where they don’t want to do it anymore,” says Noble. These women have decided to finally stand up to their disordered eating, which is both very scary and very brave. “I get to witness them taking back control from the eating disorder—it’s incredibly rewarding,” she says.

colour of
the month
NIGHT FOREST

A deep shade of green like this one offers a calm, natural aesthetic to your home, especially when paired with medium wood tones.



Pine Forest
DLX1134-7 **PAINT**,
dulux.ca.

Behr Chard
MQ6-49 **PAINT**,
homedepot.ca.

Dark Green Velvet
PPG1136-7 **PAINT**,
ppgpaints.com.

home & garden

lighting 48
decorating 54

LIGHT UP THE NIGHT

We may be entering the darkest time of the year, but these chic lamps will bring on the warm glow.

PRODUCER JULIETTE DE LAMBERTERIE

Choosing the right lamps can truly transform a room. Whether you're partial to table lamps, ceiling fixtures or floor lights, it's all about illuminating your space in a pleasing way. The focus is on warm-toned bulbs, light-diffusing lampshades and pieces with personality to create a cozy yet stylish atmosphere. Here are some of our top picks.

FLOOR LAMP
in Light Beige,
$199, hm.com/ca.

FABULOUS FLOOR LAMPS

Pukka **FLOOR LAMP** by Ligne Roset, $2,477, mustsociete.com.

Metal **FLOOR LAMP** with White Shade in Oatmeal, $200, bouclair.com.

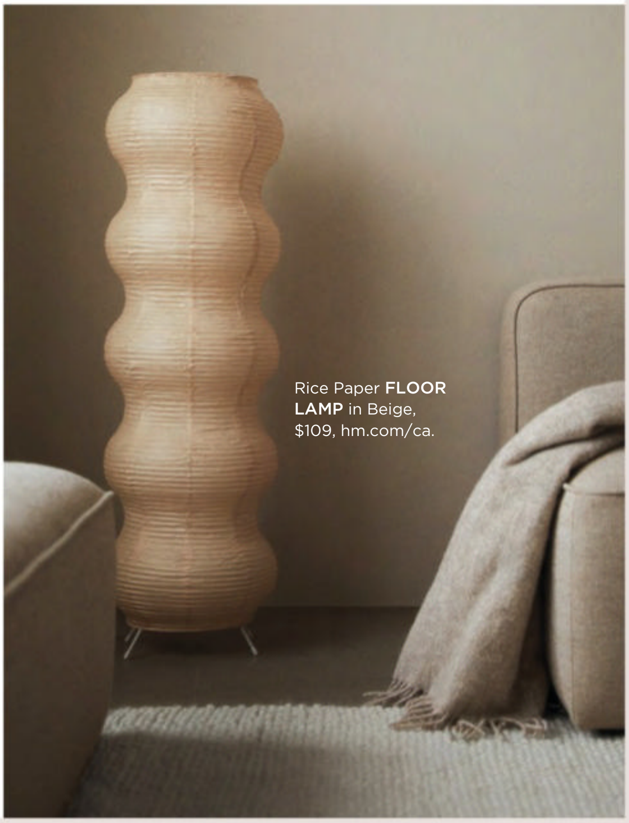
Weave Natural **FLOOR LAMP**, $369, crateandbarrel.ca.

Isjakt LED **FLOOR LAMP**, $139, ikea.ca.

Avant Metal Articulating **FLOOR LAMP** with Fabric Shade, $799, crateandbarrel.ca.

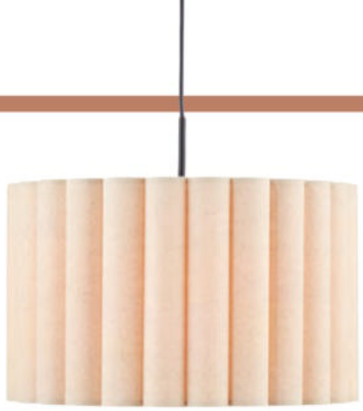
Lyra **FLOOR LAMP** in Chrome, $169, structube.com.

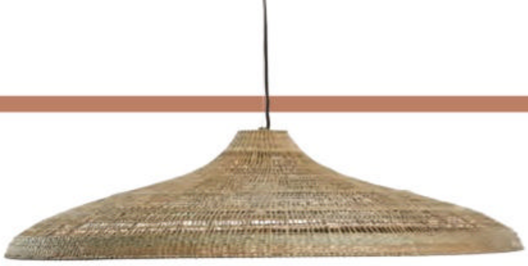
Gold **FLOOR LAMP**, $200, bouclair.com.

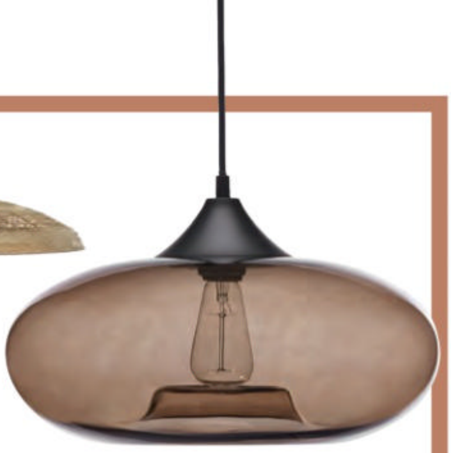


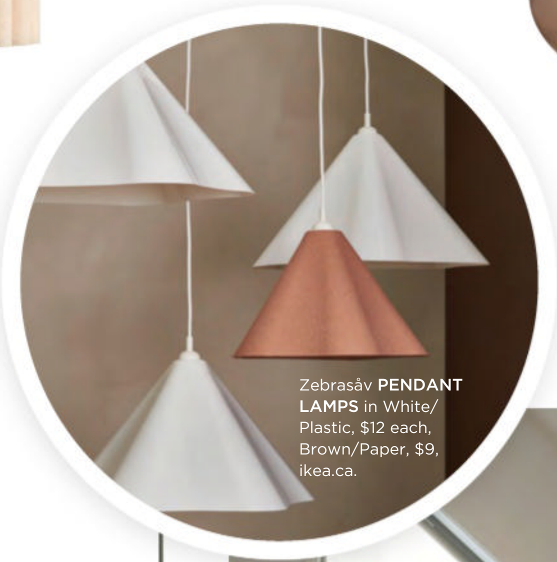
Rice Paper **FLOOR LAMP** in Beige, $109, hm.com/ca.

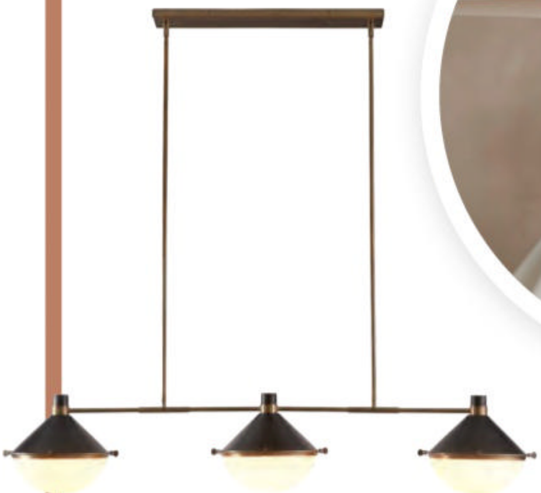
ELEGANT PENDANT LIGHTS

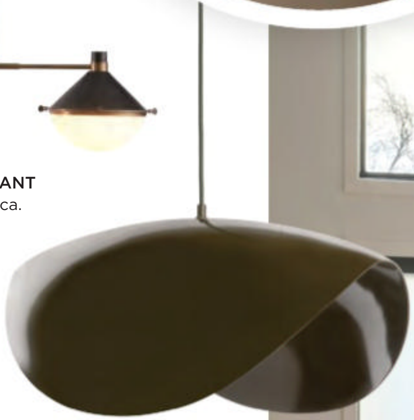

Linen **PENDANT LAMP** in Natural, $130, bouclair.com.

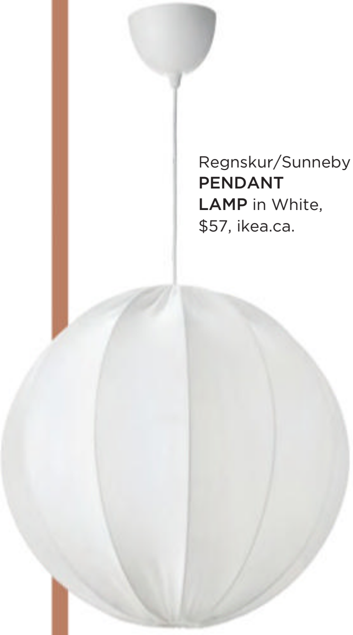

Nossa Wide Natural Woven **PENDANT LAMP**, $549, crateandbarrel.ca.

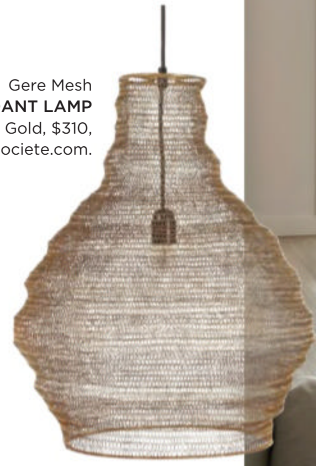

Glass Globe **PENDANT LAMP** in Grey, $150, bouclair.com.


Zebrasåv **PENDANT LAMPS** in White/ Plastic, $12 each, Brown/Paper, $9, ikea.ca.


Aster Milk Glass 3-Light **PENDANT LAMP**, $899, crateandbarrel.ca.

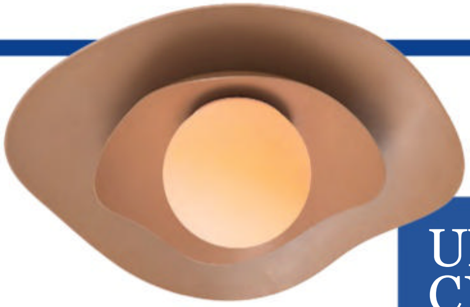

Coquelicot 28-LA00 **PENDANT LAMP** in Glossy Barista, $750, luminaireauthentik.com.


Regnskur/Sunneby **PENDANT LAMP** in White, $57, ikea.ca.

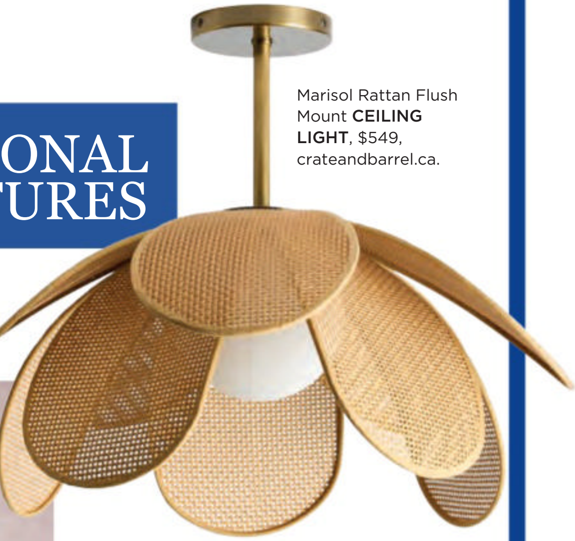

Gere Mesh **PENDANT LAMP** in Gold, $310, mustsociete.com.

PHOTOGRAPHY, COURTESY LUMINAIREAUTHENTIK.COM

UNCONVENTIONAL CEILING FIXTURES

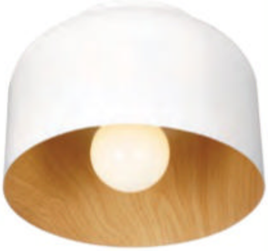


Magnolia 1105-LA20
CEILING LIGHT, $515,
luminaireauthentik.com.



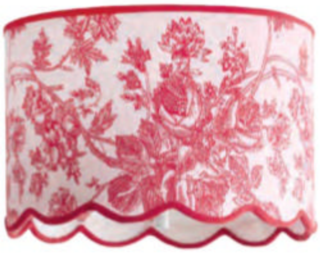
Marisol Rattan Flush
Mount **CEILING**
LIGHT, $549,
crateandbarrel.ca.

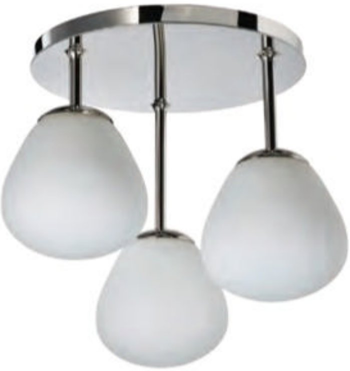
Designers Fountain
Crown Heights Semi-Flush Mount **CEILING**
LIGHT in Matte Black,
$353, homedepot.ca.



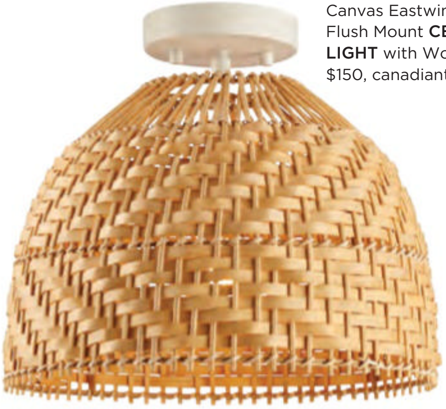
Hampton Bay
Flush Mount
CEILING LIGHT
in White, $40,
homedepot.ca.

Scallop Flush Mount
CONVERSION KIT in Pink Toile,
$129, urbanoutfitters.com.

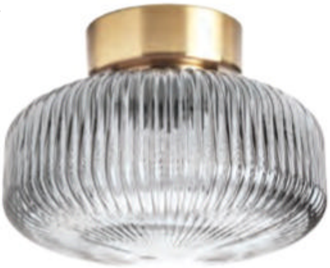




Dejsa **CEILING LAMP** with
3 Lights in Chrome Plated/Opal
White Glass, $110, ikea.ca.



Canvas Eastwind One-Light
Flush Mount **CEILING**
LIGHT with Woven Shade,
$150, canadiantire.ca.



Solklint **CEILING LIGHT**
in Brass/Gray Clear Glass,
$40, ikea.ca.

EXQUISITE TABLE LAMPS

Ryokan Wood **TABLE LAMP** with Paper Shade, $749, crateandbarrel.ca.

Idealist Metal Mini **TABLE LAMP** with Alabaster Shade, $449, crateandbarrel.ca.

Modern Love **TABLE LAMP** in Gold, $169, urbanoutfitters.com.

Wirls **TABLE LAMP** in Black, $239, mobilia.ca.

Ceramic **TABLE LAMP**, $110, bouclair.com.

Spetsboj **TABLE LAMP** in Dimmable/ Yellow, $15, ikea.ca.

Fado **TABLE LAMP** in White, $30, ikea.ca.

Illumi **TABLE LAMP**, $59, structube.com.

The Icon **TABLE LAMP** in Pomegranate Edition Brass, $228, anthropologie.com.

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Bake the Cover DOUBLE CHOCOLATE DOUGHNUTS PAGE 8
55+ FESTIVE TREATS

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style, served

Giving your kitchen a fresh new look doesn't always require major renovations or a sky-high budget. With a few smart tips, it's possible to work wonders without breaking the bank.

TEXT ÉLISE FIOLA
PHOTOGRAPHY MATTE & GLOSSY

Renovating a kitchen can feel intimidating and expensive. Many assume it requires tearing everything out, hiring multiple professionals and investing in brand-new appliances to achieve a magazine-worthy result. But breathing life into your kitchen on a budget is possible with a bit of creativity and thoughtful planning. While this type of project may seem easier than large-scale renovations, it still requires organization, a realistic vision and careful execution to ensure the transformation is successful and long-lasting.

Adhesive vinyl

1 MAKE OVER CABINETS

Fresh, updated cabinetry gives the entire kitchen a facelift. Depending on your vision and the type of cabinets you have, there are several ways to give them a revamp.

First idea: repaint the doors and moldings. Whether you choose timeless off-white, trendy sage green or bold blue, a new coat of paint can perk up aging cabinets.

Not into painting? Adhesive vinyl is a great alternative for flat surfaces. Available in a wide range of finishes (wood, matte, glossy, textured), it applies like a sticker and delivers surprisingly convincing results.

Another rising trend this year is removing cabinet doors altogether, especially in areas like under the sink, and replacing them with curtains for a fun bohemian look. Similarly, you can remove some cabinet boxes and replace them with open shelves to showcase your favourite dishes, cookbooks or a mini herb garden.

Repaint the doors and moldings

2 SET THE MOOD WITH LIGHTING

Thoughtful lighting not only enhances the kitchen's beauty, but also its functionality. Add a fixture above the sink or island, install LED strips under cabinets or opt for light sources to highlight details and create a cozy atmosphere that shifts throughout the day. For example, a small rattan lamp on the counter can serve as a nightlight or a task lamp. Dimmable bulbs are another simple addition that allows you switch from bright, functional lighting for cooking to soft, ambient light for meals and gatherings.

3 FRESHEN UP THE FLOOR

When renovating on a budget, the floor is a common concern because replacing it can be costly, but don't fret—there are ways to create an updated look without ripping up your current floors. For instance, vinyl floor coverings can hide tired ceramic tiles, while washable rugs add warmth and style with the bonus of being easy to maintain.

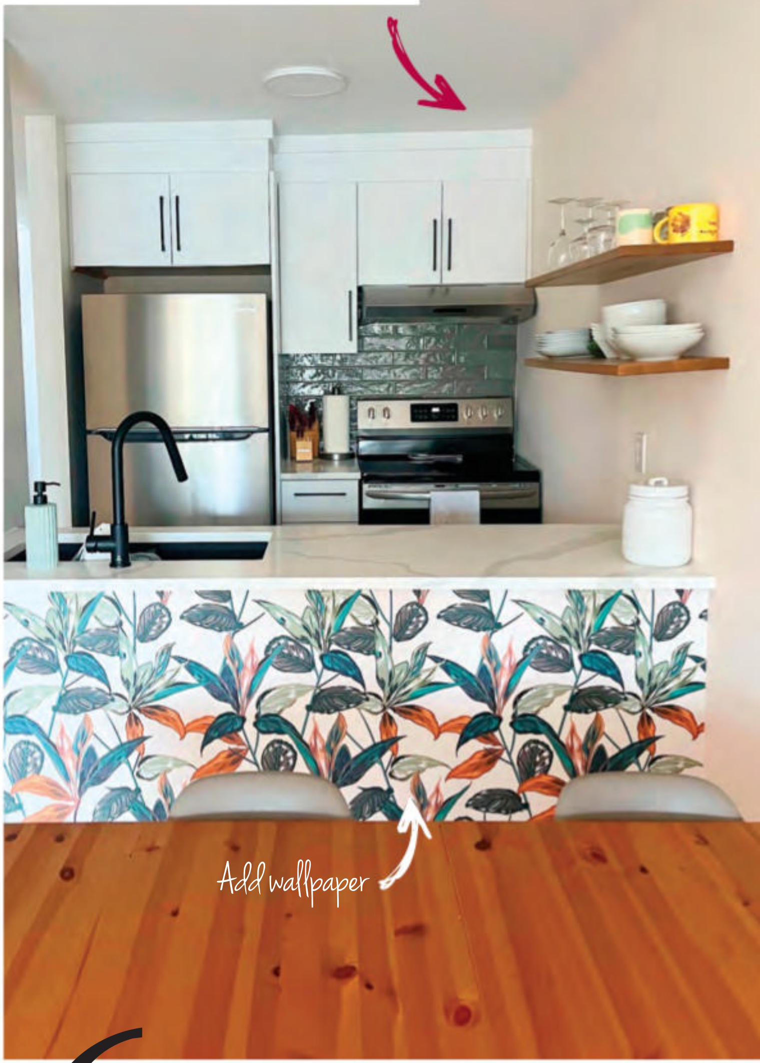
4 CHANGE THE HARDWARE

Swapping out cabinet handles and knobs is a small project that can make a big difference in your kitchen's aesthetic. Options range from brushed brass to matte black with shiny chrome currently making a comeback. Unique shapes and angles can add character and personality to drawers and doors. Because a total overhaul of the hardware calls for about 15 or 20 new pieces, a budget-friendly alternative is to simply repaint the existing handles—choose a paint formula that will adhere to the material and then dive into colour and finish options.

5

BE DARING WITH DETAILS

Every trick is worth considering when it comes to smartly redecorating your space—it all starts with a vision. Beyond major, expensive changes, it's often the small details that add the most charm, like rails under the cabinets to suspend mugs and kitchen utensils, adding a few potted plants, displaying beautiful handmade ceramic accessories or hanging a bold print on the wall. Decluttering and organizing the space to improve flow also plays a key role in transforming the mood of the room. This means clearing countertops and storing items thoughtfully to bring a sense of calmness—all without spending a dime.



6

UPDATE THE ISLAND

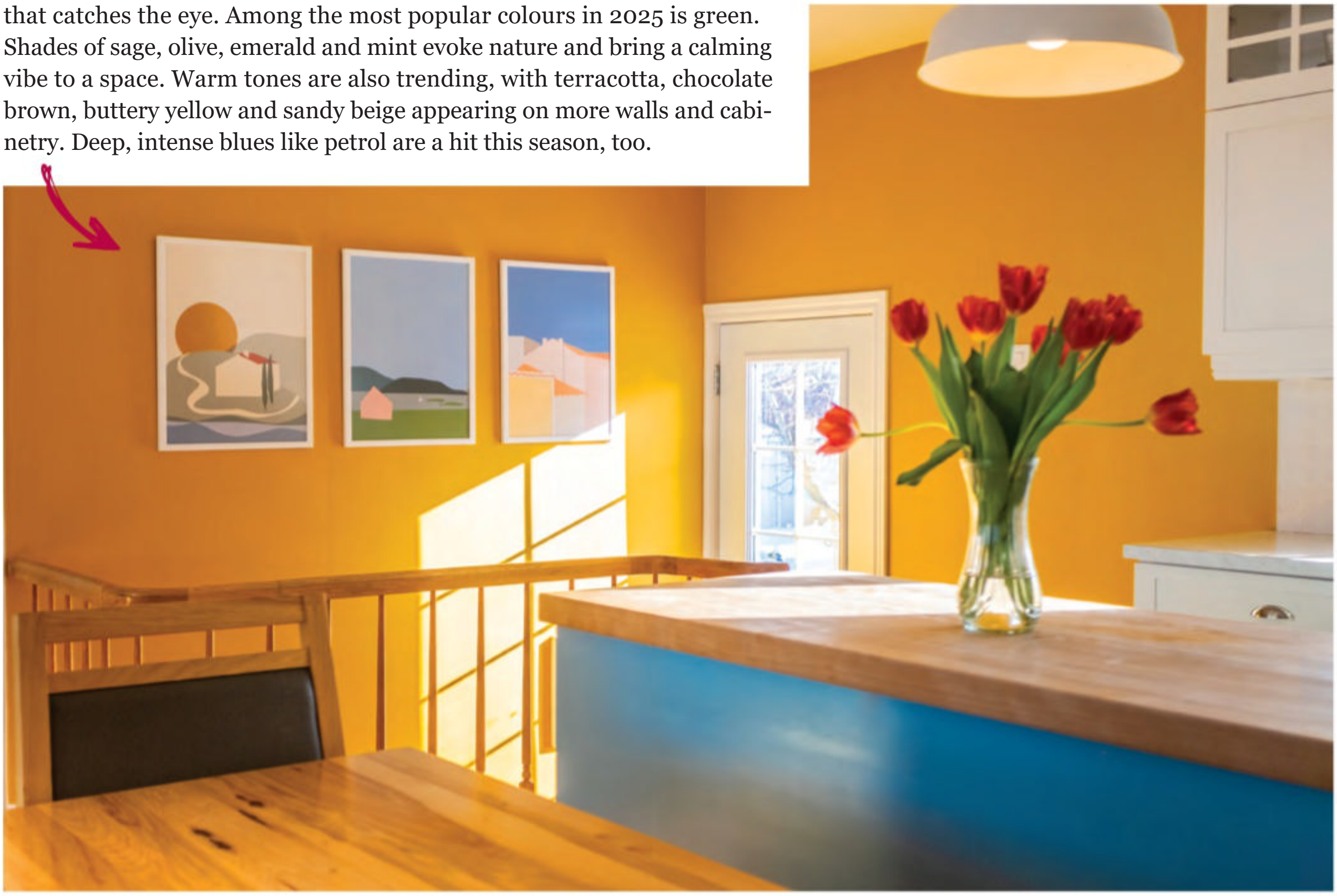
If your kitchen has an island, it's the perfect opportunity to turn it into a decorative focal point. Add wallpaper to the visible side, play with textures (think raw wood, metal or a concrete effect), personalize it with contrasting colours or choose eye-catching stools. These seats, often pricey when bought new, are easy to find secondhand and can be given new life with a coat of paint or fresh upholstery. These tricks help create an island that's stylish and welcoming without a major financial investment. The same updates can also work to highlight an accent piece like a sideboard or curio cabinet.

7 REFRESH THE BACKSPLASH

An outdated backsplash can be modernized without buying a single tile. For example, a coat of ceramic paint can refresh old or discoloured surfaces and stencils can help achieve a trendy artisanal look. For a more contemporary feel at a lower cost, it's possible to install new tiles directly over the old ones as long as the existing tiles are crack-free and in good condition. Microcement is another option—a thin decorative coat of this composite (typically made of cement, polymers and pigments) is applied over existing tiles to create a raw, modern look without the heavy work. For an even quicker fix, decorative panels that mimic stone, mosaic or stainless steel are easy to install and also deliver a polished result.

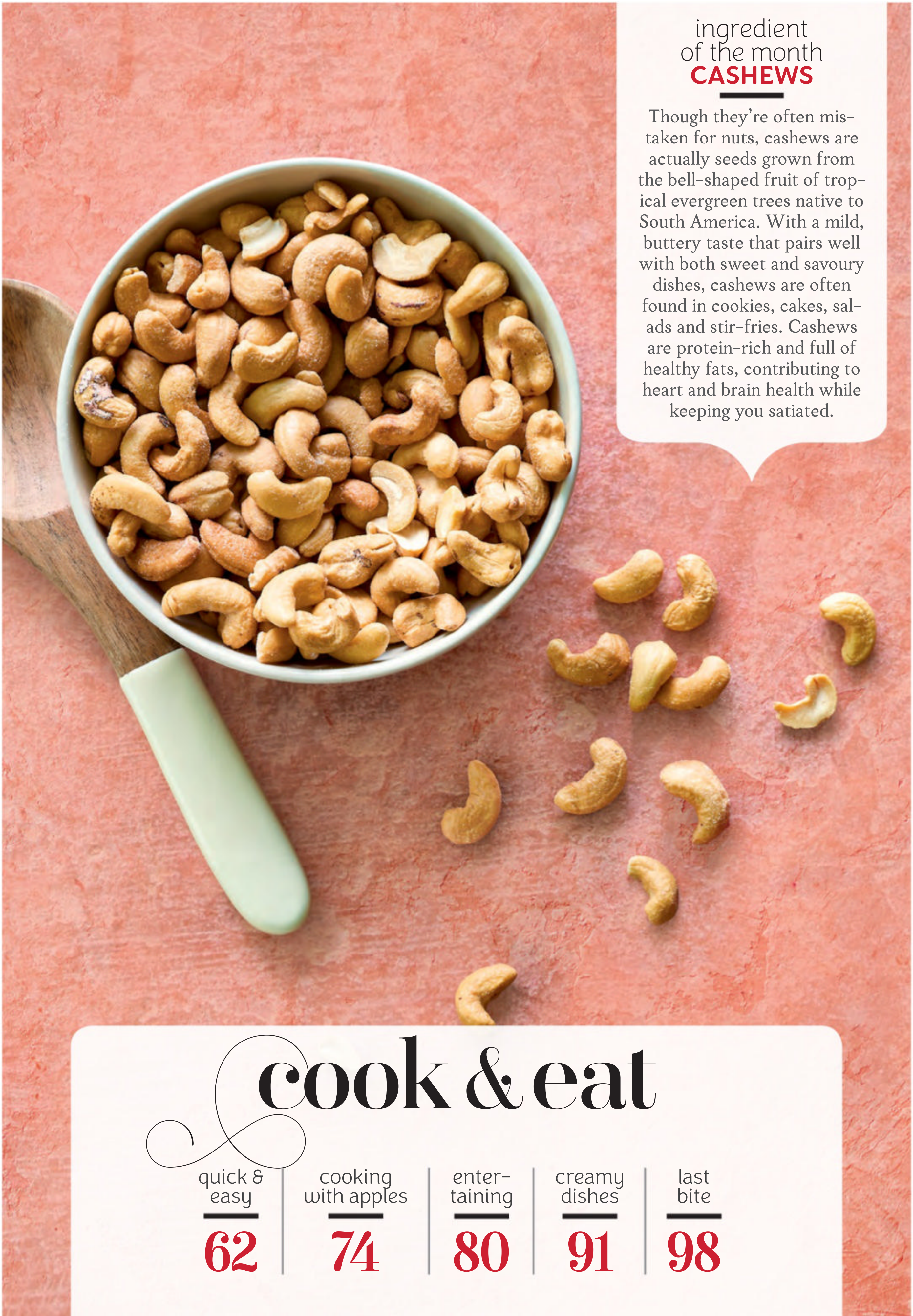
8 PLAY WITH COLOUR

A splash of colour instantly brings a fresh touch to the room. Whether you change the colour of the cabinets, backsplash or even just a few accessories, it can be enough to create a "wow" effect that catches the eye. Among the most popular colours in 2025 is green. Shades of sage, olive, emerald and mint evoke nature and bring a calming vibe to a space. Warm tones are also trending, with terracotta, chocolate brown, buttery yellow and sandy beige appearing on more walls and cabinetry. Deep, intense blues like petrol are a hit this season, too.



ingredient of the month
CASHEWS

Though they're often mistaken for nuts, cashews are actually seeds grown from the bell-shaped fruit of tropical evergreen trees native to South America. With a mild, buttery taste that pairs well with both sweet and savoury dishes, cashews are often found in cookies, cakes, salads and stir-fries. Cashews are protein-rich and full of healthy fats, contributing to heart and brain health while keeping you satiated.



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last bite 98

PHOTOGRAPHY, BRUNO PETROZZA/C. FOOD & PROP STYLING, MÉLANIE MARCHAND

TESTED TILL PERFECT
Canadian Living TEST KITCHEN

Cashew cravings

We're nuts for cashews, not only because of their yummy taste, but because they're versatile, too. These recipes are proof.

RECIPES MARIE-ÈVE LAFORTE | **PHOTOGRAPHY** BRUNO PETROZZA | **FOOD & PROP STYLING** MÉLANIE MARCHAND

CASHEW CREAM

MAKES 1 1/2 CUPS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 70 MINUTES

1 cup	raw, unsalted cashews
2 tbsp	lemon juice
1	clove garlic, coarsely chopped
1 tbsp	nutritional yeast flakes
salt and pepper	

Place cashews in bowl of water and let them soak for at least 1 hour (or overnight). Drain cashews.

In blender, place cashews, lemon juice, garlic, nutritional yeast and 1 cup water. Season with salt and pepper. Purée until smooth and creamy. *(Make-ahead: Can be stored in airtight container and refrigerated for up to 1 week.)*

PER 1/4 CUP about 140 cal, 4 g pro, 10 g total fat (2 g sat. fat), 9 g carb (1 g dietary fibre, 1 g sugar), 0 mg chol, 3 mg sodium, 1.4 mg iron.

Change it up

HERBED CASHEW CREAM
Add 1/4 cup packed fresh herbs of your choice.

ROASTED RED PEPPER CASHEW CREAM
Add 1 1/2 tsp chipotle powder (or smoked paprika) and 1 small roasted red pepper.

SWEET CASHEW CREAM
Omit nutritional yeast from recipe. Add 3 tbsp maple syrup, 1/2 tsp vanilla and pinch cinnamon.

SPICY GINGER CASHEW CREAM
Add 1 tsp ground ginger and 2 tbsp sriracha.

TEST KITCHEN TIP

Use this dairy-free cream on tacos or burritos, over vegetables, as a pasta sauce or as a garnish for a creamy soup. You can also use less water (only 1/2 cup) for a thicker version, similar to a dip or sour cream.

HONEY CASHEW CHICKEN

MAKES 4 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 30 MINUTES

Honey Sauce

2 tbsp	cornstarch
6 tbsp	liquid honey
6 tbsp	sodium-reduced soy sauce
1 1/2 tsp	garlic powder
1 tsp	hot pepper flakes (or to taste)

Chicken

1	egg, beaten
6	boneless, skinless chicken thighs, cut in 1-inch pieces
1/2 cup	cornstarch
salt and pepper	
3 tbsp	vegetable oil
6 to 8	mini sweet peppers, sliced crosswise
2 to 3	green onions, cut in 1-inch sections (approx)
3/4 cup	unsalted roasted cashews
cooked white rice (optional)	

Honey Sauce In small bowl, dissolve cornstarch in 6 tbsp water. Whisk in honey, soy sauce, garlic powder and hot pepper flakes until combined; set aside.

Chicken In large bowl, lightly beat egg. Add chicken, stirring to coat.

In separate bowl, add cornstarch; season with salt and pepper. Transfer chicken to bowl with cornstarch, shaking gently to remove excess egg. Mix well to coat chicken.

In large skillet or wok, heat oil over medium-high heat. Add chicken and cook, stirring occasionally, until golden brown and slightly crispy, 7 to 8 minutes. Add peppers and green onions; cook, stirring often, until peppers are tender-crisp, 2 to 4 minutes. Pour in reserved Honey Sauce and add cashews. Stir well to coat and cook until Honey Sauce thickens. Serve over cooked white rice, if using, and sprinkle with green onions, if desired.

PER SERVING about 880 cal, 53 g pro, 48 g total fat (12 g sat. fat), 59 g carb (2 g dietary fibre, 29 g sugar), 295 mg chol, 1,150 mg sodium, 4.7 mg iron.

what's for dinner?

Simple suppers on the table in 30 minutes or less.

MONDAY

CAJUN FISH CASSEROLE

TUESDAY

BLUE CHEESE, PEAR & BACON FLATBREAD

WEDNESDAY

LEMON, RICOTTA & PESTO PASTA

THURSDAY

LENTIL & COCONUT MILK SOUP

FRIDAY

POMEGRANATE & HONEY CHICKEN

Find more fast and fresh dinner ideas at **canadianliving.com/quickandeasy**.

RECIPES & STYLING, MÉLANIE MARCHAND. PHOTOGRAPHY, BRUNO PETROZZA/C. ILLUSTRATIONS, ISTOCKPHOTO

ON THE TABLE IN

25

MINUTES

CAJUN FISH CASSEROLE

MAKES 4 SERVINGS

500 g	cod, cut in chunks (or other firm white fish such as haddock)
2 tbsp	olive oil, divided
1 tbsp + 1 tsp	Cajun seasoning, divided
cooking spray	
1	red onion, chopped
1	clove garlic, chopped
1	sweet red pepper, cut in pieces
1	sweet yellow pepper, cut in pieces
1	tomato, diced
1 tsp	chopped fresh oregano
zest and juice of 1 lime	
cooked white rice (optional)	
lime wedges (optional)	

In bowl, add fish, 1 tbsp of the oil and 1 tsp of the Cajun seasoning. Toss and stir to coat fish well.

Preheat air fryer to 400°F. Spray air-fryer basket with cooking spray. Transfer fish to basket and cook until fish flakes easily with fork, 6 to 8 minutes.

Meanwhile, in large skillet, heat remaining oil over medium heat. Add onion and garlic; cook, stirring often, for 2 minutes. Add red and yellow peppers; cook, stirring often, for 2 minutes. Add tomato, remaining Cajun seasoning, and the oregano; cook, stirring often, for 2 minutes. Add cooked fish and lime zest and juice. Cook, stirring gently, for 1 minute. Serve with cooked white rice and lime wedges, if using.

PER SERVING about 185 cal, 20 g pro, 8 g total fat (1 g sat. fat), 9 g carb (2 g dietary fibre, 4 g sugar), 60 mg chol, 1,450 mg sodium, 4.7 mg iron.

ON THE TABLE IN

30

MINUTES

BLUE CHEESE, PEAR & BACON FLATBREAD

MAKES 4 SERVINGS

4	strips bacon, diced
2	store-bought flatbreads
1/2 cup	shredded provolone cheese (or mozzarella)
1/2 cup	shredded Cheddar cheese
1	pear, thinly sliced
1/2	small red onion, thinly sliced
1/2 cup	walnuts, coarsely chopped
1/4 cup	mild blue cheese, thinly sliced
fresh arugula	

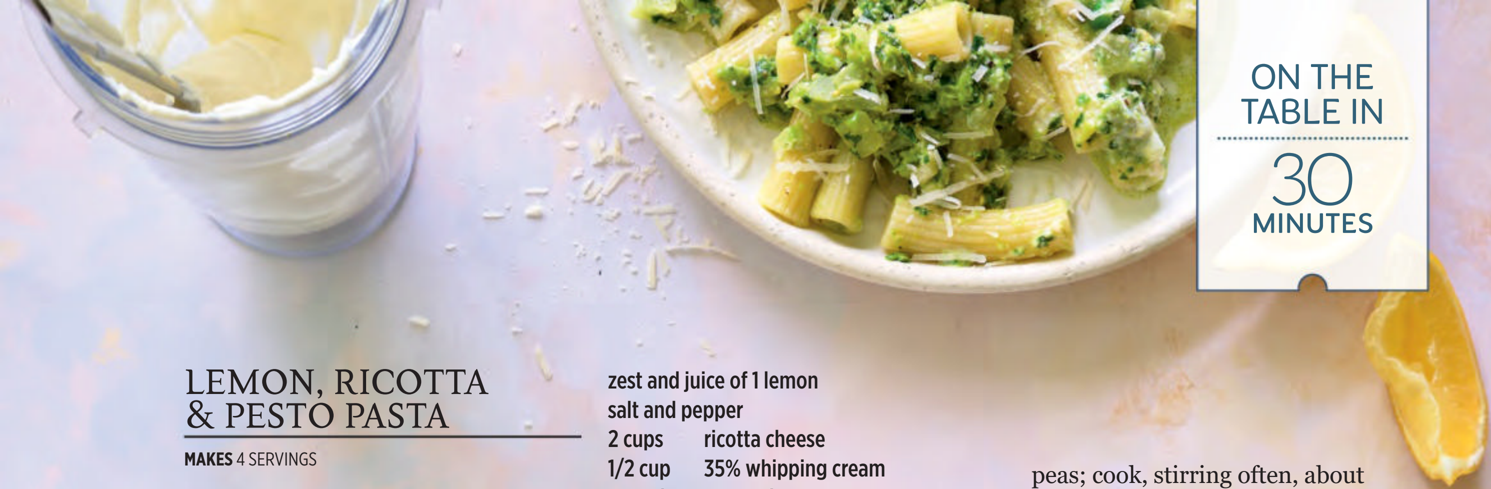
Preheat oven to 400°F. Line baking sheet with parchment paper; set aside.

In skillet over medium heat, cook bacon, stirring occasionally, until lightly browned, 3 to 4 minutes. Transfer to paper towel-lined place to drain.

Place flatbreads on prepared baking sheet. Sprinkle evenly with provolone and Cheddar cheeses. Top with pear slices, bacon and onion.

Bake for 10 minutes. Remove from oven and sprinkle flatbread with walnuts; bake for 5 minutes. Remove from oven and immediately sprinkle with blue cheese and arugula.

PER SERVING about 530 cal, 22 g pro, 31 g total fat (11 g sat. fat), 40 g carb (5 g dietary fibre, 7 g sugar), 50 mg chol, 865 mg sodium, 3.2 mg iron.



ON THE TABLE IN
30
MINUTES

LEMON, RICOTTA & PESTO PASTA

MAKES 4 SERVINGS

Pea & Kale Pesto

2 cups	frozen peas, blanched
2 cups	roughly chopped kale
1 to 2	cloves garlic, minced
3/4 cup	pine nuts
zest and juice of 1 lemon	
1/4 cup	olive oil
salt and pepper	

Pasta

1	500 g pkg sedani rigati pasta (or other short pasta)
1 tbsp	olive oil
1/2 cup	chopped onion
1 cup	frozen peas
zest and juice of 1 lemon	
salt and pepper	
2 cups	ricotta cheese
1/2 cup	35% whipping cream
grated Parmesan cheese	
lemon wedges (optional)	

Pea & Kale Pesto In food processor, add peas, kale, garlic, pine nuts, lemon zest and juice, and olive oil. Season with salt and pepper; pulse until smooth.

Pasta In saucepan of boiling salted water, cook pasta according to package directions. Reserving about 1 cup pasta water, drain pasta.

Meanwhile, in nonstick skillet, heat oil over medium heat. Add onion and peas; cook, stirring often, about 2 minutes. Add cooked pasta, pesto, lemon zest and juice, and a small amount of reserved pasta water, if desired. Season with salt and pepper. Set aside.

In bowl, combine ricotta and cream; season with salt and pepper. Divide ricotta cream among 4 plates; top with pasta. Sprinkle with Parmesan and serve with lemon wedges, if using.

PER SERVING about 1,095 cal, 35 g pro, 51 g total fat (14 g sat. fat), 124 g carb (12 g dietary fibre, 12 g sugar), 55 mg chol, 250 mg sodium, 8.1 mg iron.

ON THE TABLE IN

30

MINUTES

LENTIL & COCONUT MILK SOUP

MAKES 4 SERVINGS

1 tbsp	olive oil
1	onion, finely chopped
1	clove garlic, minced
1 cup	peeled and diced carrots
1 cup	diced celery
salt and pepper	
1 cup	red lentils, rinsed
6 cups	sodium-reduced vegetable broth
2 to 3	bay leaves
1 tsp	ground turmeric
1 tsp	curry powder
1	400 ml can coconut milk
chopped fresh curly parsley (optional)	
bread slices (optional)	

In large saucepan, heat oil over medium-high heat. Add onion and garlic; cook, stirring often, for 1 minute. Add carrots and celery; season with salt and pepper. Cook, stirring often, for 2 minutes. Stir in lentils, broth, bay leaves, turmeric and curry powder. Bring to boil; reduce heat and simmer for 15 minutes. Stir in coconut milk (reserving a few tbsp for garnish) and cook until warmed through, about 2 minutes.

Discard bay leaves; divide soup among bowls. Drizzle with reserved coconut milk, sprinkle with parsley and serve with bread slices, if using. Sprinkle with cracked black pepper, if desired.

PER SERVING about 440 cal, 14 g pro, 23 g total fat (18 g sat. fat), 45 g carb (8 g dietary fibre, 5 g sugar), 0 mg chol, 300 mg sodium, 7.8 mg iron.

ON THE TABLE IN
25
MINUTES

POMEGRANATE & HONEY CHICKEN

MAKES 4 SERVINGS

3 tbsp	olive oil, divided
2	chicken breasts, halved horizontally
salt and pepper	
1	shallot, sliced lengthwise
2 to 3	cloves garlic, crushed
2 tbsp	pomegranate molasses
2 tbsp	liquid honey
1/2 cup	sodium-reduced chicken broth
cooked egg noodles (optional)	
chopped flat-leaf parsley (optional)	
pomegranate arils (optional)	

In large skillet, heat 2 tbsp of the oil over high heat. Add chicken and cook, turning halfway through cooking time, until browned on both sides, 6 to 8 minutes. Season with salt and pepper. Transfer to plate; set aside.

In same skillet, heat remaining oil. Add shallot and garlic; cook, stirring often, for 1 to 2 minutes. Stir in pomegranate molasses, honey and broth; cook, until slightly reduced, about 2 minutes. Add reserved chicken and cook, stirring to coat chicken in sauce, for 2 minutes.

Serve chicken over egg noodles, sprinkled with parsley and pomegranate arils, if using. Serve with green salad, if desired.

PER SERVING about 375 cal, 42 g pro, 15 g total fat (3 g sat. fat), 18 g carb (0 g dietary fibre, 6 g sugar), 115 mg chol, 250 mg sodium, 1.5 mg iron.

ON THE TABLE IN 22 MINUTES

WEEK #2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEDITERRANEAN-STYLE BEEF PITAS	TURKEY STRIPS IN CREAMY TARRAGON SAUCE	HALLOUMI & PINEAPPLE SALSA TACOS	HAM & MUSHROOM PASTA SALAD	CHEDDAR, BACON & KIMCHI GRILLED CHEESE

ON THE TABLE IN 25 MINUTES

MEDITERRANEAN-STYLE BEEF PITAS

MAKES 4 SERVINGS

1 tbsp	olive oil
450 g	lean ground beef
1/2	onion, chopped
1	clove garlic, minced
1 tsp	Greek seasoning
1 tbsp	grated lemon zest
salt and pepper	
1/4 cup	crumbled feta cheese
1/4 cup	finely chopped mixed fresh herbs (such as mint, basil, oregano etc.)
Cucumber Spread (recipe, this page)	
4	pita breads, halved

Toppings (optional)
sliced tomatoes
thinly sliced red onion
shredded lettuce

In large skillet, heat oil over medium-high heat. Add beef and cook, stirring often, until browned, 3 to 4 minutes. Add onion and garlic; cook, stirring often, for 2 minutes. Stir in Greek seasoning and lemon zest; season with salt and pepper. Cook for 1 minute. Remove from heat; stir in feta and mixed herbs. Keep warm.

Spread Cucumber Spread in pita pockets; divide beef mixture among pitas. Top with toppings of your choice, if using.

PER SERVING about 425 cal, 27 g pro, 19 g total fat (7 g sat. fat), 36 g carb (2 g dietary fibre, 2 g sugar), 170 mg chol, 775 mg sodium, 3.9 mg iron.

Cucumber Spread In bowl, stir together 1/2 cup hummus, 1/4 cup sour cream, 1 garlic clove, finely chopped, 1 mini cucumber, diced, 1/4 cup finely chopped red onion and 2 tbsp lemon juice. Makes about 1 cup.

ON THE TABLE IN

25

MINUTES

TURKEY STRIPS IN CREAMY TARRAGON SAUCE

MAKES 4 SERVINGS

1 tbsp	olive oil
1	small boneless, skinless turkey breast, cut in strips (about 600 g)
1 tsp	dried tarragon
salt and pepper	
1 tbsp	unsalted butter
1	onion, chopped
1	shallot, minced
1/4 cup	dry white wine
1 cup	sodium-reduced chicken broth
2 cups	35% whipping cream
1 tsp	maple syrup
2 tbsp	Dijon mustard
2 tbsp	chopped fresh tarragon
cooked orzo (optional)	

In skillet, heat oil over high heat. Add turkey strips and cook, turning, occasionally, until lightly browned, about 5 minutes. Sprinkle with dried tarragon and season with salt and pepper. Transfer turkey to plate; set aside.

In same skillet, melt butter over medium heat. Add onion and shallot; cook, stirring often, for 2 minutes. Stir in wine to deglaze pan, scraping up browned bits with wooden spoon; let wine reduce for 1 minute. Return turkey to skillet; stir in broth, cream, maple syrup and Dijon. Sprinkle with fresh tarragon and season with salt and pepper. Cook until sauce is slightly reduced, 2 to 3 minutes. Serve over cooked orzo, if using.

PER SERVING about 660 cal, 40 g pro, 52 g total fat (30 g sat. fat), 9 g carb (1 g dietary fibre, 6 g sugar), 235 mg chol, 525 mg sodium, 1.4 mg iron.

ON THE TABLE IN

25

MINUTES

HALLOUMI & PINEAPPLE SALSA TACOS

MAKES 4 SERVINGS

1 tbsp	olive oil
1	onion, thinly sliced
1/2	sweet green pepper, sliced
1/2	sweet red pepper, sliced
2 tbsp	chili powder
salt and pepper	
2	200 g pkgs halloumi cheese
cooking spray	
8 to 12	small flour tortillas, warmed
1 cup	shredded green cabbage
Pineapple Salsa (recipe, this page)	
Chipotle Sauce (recipe, this page)	
fresh cilantro (optional)	

In large skillet, heat oil over medium heat. Add onion and green and red peppers; cook, stirring often, for 2 to 3 minutes. Sprinkle with chili powder and season with salt and pepper. Cook for 1 minute; set aside.

Using vegetable peeler, thinly shave halloumi cheese. Preheat air fryer to 400°F. Spray air fryer basket with cooking spray. Sprinkle halloumi over tortillas. Transfer 4 to 6 tortillas to air fryer basket and cook until halloumi is lightly browned and tortillas are crispy, 3 to 4 minutes. Keep warm. Repeat with remaining tortillas.

Top tortillas with reserved onion mixture, shredded cabbage, Pineapple Salsa and Chipotle Sauce. Sprinkle with fresh cilantro, if using.

PER SERVING about 780 cal, 32 g pro, 44 g total fat (19 g sat. fat), 64 g carb (6 g dietary fibre, 11 g sugar), 95 mg chol, 1,200 mg sodium, 4.2 mg iron.

Pineapple Salsa In bowl, combine 1 cup peeled, diced fresh pineapple, 3 tbsp diced red onion, 2 tbsp diced sweet red pepper, 2 tbsp tomato sauce, 1 tbsp olive oil and 1 tsp maple syrup. Season with salt and pepper. Makes 1 1/2 cups.

Chipotle Sauce In bowl, whisk together 1/2 cup sour cream, 2 tbsp lime juice, 1 tbsp maple syrup and 1 tsp chipotle powder. Season with salt and pepper. Makes 2/3 cup.

ON THE TABLE IN
25
MINUTES

HAM & MUSHROOM PASTA SALAD

MAKES 4 SERVINGS

1	500 g pkg fusilli (or other short pasta)
1 tbsp	unsalted butter
1 tbsp	olive oil
2	227 g pkg mixed mushrooms, sliced
1/2	red onion, chopped
2	cloves garlic, minced
salt and pepper	
3 cups	shredded or cubed cooked ham
2 cups	packed baby spinach leaves
1 cup	Parmesan cheese shavings
Oregano Vinaigrette (recipe, this page)	

In saucepan of boiling salted water, cook pasta according to package directions. Drain pasta, rinse with cold water and drain again. Set aside.

Meanwhile, in skillet, melt butter and oil over medium heat. Add mushrooms and cook, stirring occasionally, for 5 minutes. Add onion and garlic; cook, stirring, for 2 minutes. Season with salt and pepper.

In large bowl, combine reserved pasta, mushrooms, ham, spinach and Parmesan. Gently toss with Oregano Vinaigrette.

PER SERVING about 960 cal, 50 g pro, 38 g total fat (10 g sat. fat), 104 g carb (6 g dietary fibre, 7 g sugar), 95 mg chol, 1,500 mg sodium, 6.1 mg iron.

Oregano Vinaigrette In bowl, whisk together 1/3 cup olive oil, 3 tbsp balsamic vinegar, 1 clove garlic, minced, and 1 tsp dried oregano. Season with salt and pepper. Makes 2/3 cup.

ON THE TABLE IN
30
MINUTES

CHEDDAR, BACON & KIMCHI GRILLED CHEESE

MAKES 4 SERVINGS

8 slices	sodium-reduced bacon
1	onion, sliced
8 slices	brioche bread
Garlic Sauce (recipe, this page)	
4	slices aged Cheddar cheese
4	slices provolone cheese
1 cup	store-bought kimchi, chopped in small pieces
1/4 cup	unsalted butter, softened

In skillet over medium heat, cook bacon, turning halfway through cooking time, until crispy, 4 to 5 minutes. Drain on paper towel-lined plate. Remove all but 2 tbsp fat from skillet.

In same skillet, add onion and cook, stirring occasionally, until lightly browned, 2 to 3 minutes. Set aside.

Brush 4 slices of bread with Garlic Sauce; top each with 1 slice of Cheddar, one-quarter of the reserved onions, and 2 of the bacon slices. On remaining brioche slices, place 1 slice of provolone and 1/4 cup of the kimchi. Carefully close sandwiches. Lightly butter each sandwich on both sides.

In large skillet over medium heat, cook sandwiches, two at a time, turning halfway through cooking time, until brioche is browned, 4 to 6 minutes.

PER SERVING about 1,100 cal, 30 g pro, 89 g total fat (30 g sat. fat), 47 g carb (3 g dietary fibre, 6 g sugar), 130 mg chol, 1,750 mg sodium, 4.2 mg iron.

Garlic Sauce In bowl, whisk together 1 cup mayonnaise, 2 cloves garlic, minced, 1 tbsp Dijon mustard and 1 tsp maple syrup. Season with salt and pepper. Makes about 1 cup.

An apple a day...

We love baking apples into our desserts, but we're not stopping there! Indulge in one of these savoury recipes in which the fall-favourite fruits star.

RECIPES MARIE-ÈVE LAFORTE | **PHOTOGRAPHY** TANGO | **FOOD STYLING** NATALY SIMARD
PROP STYLING CAROLINE SIMON

TESTED TILL PERFECT
Canadian Living TEST KITCHEN

BRAISED CABBAGE WITH APPLES & BACON

MAKES 4 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 40 MINUTES

4	strips bacon, diced
1	onion, halved and thinly sliced
6 to 8 cups	shredded green cabbage
2	firm apples (such as Cortland), skin on, sliced
1/4 cup	dry white wine
1 tbsp	cider vinegar

salt and pepper
chopped fresh flat-leaf parsley (optional)

In large skillet with lid, cook bacon over medium heat until crispy, 5 to 7 minutes. Drain on paper towel-lined plate.

Remove all but 2 tbsp bacon fat from skillet. Add onion and cook, stirring occasionally, until softened, 3 minutes. Add cabbage and apples and cook, tossing occasionally with tongs, until apples begin to soften, about 5 minutes.

Stir in wine; deglaze skillet, scraping up browned bits with wooden spoon. Stir in vinegar; season with salt and pepper. Cover and reduce heat to low. Cook, stirring once halfway through cooking time, until cabbage and apples are tender, about 8 minutes. Stir in bacon; cook for 2 minutes until mixture is heated through. Sprinkle with parsley, if using.

PER SERVING about 240 cal, 8 g pro, 10 g total fat (4 g sat. fat), 31 g carb (8 g dietary fibre, 19 g sugar), 20 mg chol, 250 mg sodium, 0.9 mg iron.

SMALL BOWLS, CASA LUCA. UTENSILS, SIMONS. BOARD, HOMESENSE

TEST KITCHEN TIP

This recipe can be made in a pressure cooker. Brown the meat and vegetables in Sauté mode, omit 1/4 cup of the broth from the recipe, and cook in Meat mode for 20 minutes. Let the pressure release naturally.

apple butter CHICKEN

PLATES, STOKES. BOARD, HOMESENSE.

APPLE BUTTER CHICKEN

MAKES 4 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 30 MINUTES

2 tbsp	olive oil, divided
6 to 8	boneless skinless chicken thighs, quartered
1	onion, chopped, divided
2 to 3	cloves garlic, minced
1 cup	apple butter
3/4 cup	sodium-reduced chicken broth
2 tbsp	Dijon mustard
2 tbsp	sodium-reduced soy sauce
1 tbsp	Worcestershire sauce
1/2 tsp	hot pepper flakes
salt and pepper	
chopped fresh curly parsley (optional)	
cooked rice (optional)	

In large skillet, heat 1 tbsp of the olive oil over high heat. Add chicken and cook, turning halfway through cooking time, until browned, 6 to 8 minutes. Set aside on paper towel-lined plate.

In same skillet, using wooden spoon, scrape up any browned bits. Reduce heat to medium. Add remaining olive oil; add onion and cook, stirring often, until starting to brown, 2 to 3 minutes. Add garlic; cook, stirring often, for 2 minutes.

In bowl, combine apple butter, broth, Dijon, soy sauce, Worcestershire sauce and hot pepper flakes. Add to skillet with onions. Add reserved chicken and stir to coat; season lightly with salt and pepper. Simmer until sauce has reduced slightly and chicken is no longer pink inside, 10 to 15 minutes. Garnish with chopped fresh curly parsley and serve over rice, if using.

PER SERVING about 375 cal, 27 g pro, 21 g total fat (4 g sat. fat), 19 g carb (2 g dietary fibre, 14 g sugar), 85 mg chol, 675 mg sodium, 2 mg iron.

CARAMELIZED ONION, APPLE & BRIE FLATBREAD

MAKES 6 SERVINGS
HANDS-ON TIME 25 MINUTES
TOTAL TIME 65 MINUTES

Flatbread

cornmeal	
2 cups	all-purpose flour
1/2 tsp	salt
3/4 cup + 2 tbsp	water
2 tbsp	olive oil

Topping

1 tbsp	unsalted butter
1 tbsp	olive oil
3	onions, halved and thinly sliced
salt and pepper	
1/2 cup	sour cream
1	small apple, peeled and thinly sliced
1	170 g small round rind-on Brie cheese, sliced
1/3 cup	grated pecorino cheese
1/2 tsp	chopped fresh rosemary
microgreens (optional)	
maple syrup (optional)	

Flatbread Preheat oven to 475°F. Lightly dust large baking sheet with cornmeal; set aside.

In food processor, pulse flour and salt until combined. Add water and oil; pulse until dough forms.

Transfer dough to lightly floured work surface and knead until smooth, about 1 minute. Using lightly floured rolling pin, roll out dough to oval shape about 14 inches long. Place dough on prepared baking sheet; prick all over with fork. Bake until edge of dough begins to brown, 8 to 10 minutes. Set aside. *(Make-ahead: Can be cooled and loosely wrapped in plastic wrap and stored at room temperature for up to 1 day.)*

Topping In skillet, heat butter and oil over medium heat. Add onions and cook, stirring occasionally, until caramelized, 20 to 25 minutes. Season with salt and pepper.

Spread sour cream, onions, apple and brie slices on reserved Flatbread. Sprinkle with pecorino and rosemary. Bake until Flatbread is golden brown and the cheeses are melted, 7 to 10 minutes. Sprinkle with microgreens and drizzle with maple syrup, if using.

PER SERVING about 455 cal, 13 g pro, 26 g total fat (13 g sat. fat), 42 g carb (3 g dietary fibre, 6 g sugar), 60 mg chol, 500 mg sodium, 2.3 mg iron.

APPLE & CHEDDAR MUFFINS

MAKES 10 TO 12 MUFFINS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 50 MINUTES

1 cup	all-purpose flour
1 cup	whole wheat flour
1 tsp	baking soda
1/2 tsp	baking powder
1/2 tsp	cinnamon
pinch	nutmeg
pinch	salt
1 cup	shredded orange Cheddar cheese
2	eggs
1/3 cup	packed brown sugar
2 tbsp	molasses
3 tbsp	vegetable oil
1/4 cup	nonfat plain Greek yogurt
2	apples, peeled and grated

Preheat oven to 350°F. Line 12-cup muffin pan with paper liners; set aside.

In bowl, whisk together all-purpose and whole wheat flours, baking soda, baking powder, cinnamon, nutmeg and salt. Add cheese, stirring to combine.

In separate bowl, whisk together eggs, brown sugar, molasses, oil and yogurt until smooth. Whisk flour mixture into egg mixture in three additions, alternating with grated apples, just until combined (do not overmix).

Divide batter among prepared muffin cups, filling them to the top. Bake until cake tester inserted in centres of muffins comes out clean. Let stand for 10 minutes before unmolding. *(Make-ahead: Can be stored in airtight container and refrigerated for up to 4 days or frozen for up to 3 months.)*

PER EACH OF 12 MUFFINS about 200 cal, 6 g pro, 8 g total fat (3 g sat. fat), 27 g carb (2 g dietary fibre, 11 g sugar), 40 mg chol, 215 mg sodium, 1.3 mg iron.

SMALL BOWL, ATELEÏ CERAMISTE

Fine dining at home

Whip up a sophisticated feast using one or both of these pre-planned menus and make it an easy, elegant evening.

TESTED TILL PERFECT
Canadian Living TEST KITCHEN

MENU 1

Brioche with Pan-Fried Mushrooms & Supreme Sauce

Braised Lamb Shanks with Olives

Parsnip Purée

Maple-Poached Pears with Almond Cream

RECIPE, HUGO SAINT-JACQUES. PHOTOGRAPHY, FOODVINE STUDIO. PLACEMAT, GLASSES & UTENSILS, HOMESENSE. GRAVY BOAT, CASA LUCA

BRIOCHE WITH PAN-FRIED MUSHROOMS & SUPREME SAUCE

MAKES 4 SERVINGS
HANDS-ON TIME 30 MINUTES
TOTAL TIME 13 HOURS

Supreme Sauce

4 cups	sodium-reduced chicken broth
2 tbsp	salted butter
1	shallot, finely chopped
1	clove garlic, finely chopped
4	sprigs fresh thyme, chopped
1 cup	dry white wine
1 cup	35% whipping cream
salt and pepper	

Pan-Fried Mushrooms

1/4 cup	salted butter
1 kg	mixed fresh mushrooms (such as oyster, cremini, shiitake, morels, chanterelles, etc.)
1	shallot, finely chopped
1	clove garlic, finely chopped
4	sprigs fresh thyme, chopped
1/2 cup	dry white wine
1/2 cup	veal demi-glace
2 tbsp	sherry or red wine vinegar
salt and pepper	
1/4 cup	chopped fresh chives

Brioche

2 tbsp	salted butter
4	slices brioche bread, 1-inch thick
14	sour pickled onions, halved
1/3 cup	shaved Parmesan cheese
4 tsp	Fir Oil (recipe, this page)

Supreme Sauce In saucepan, bring broth to boil. Reduce heat; simmer until broth has reduced to about 1 cup, 10 minutes. In separate saucepan, melt butter over medium heat. Add shallot, garlic and thyme, and cook, stirring often, for 2 minutes. Add wine; simmer until liquid has almost completely evaporated. Add broth reduction and cream; simmer until sauce has reduced by half, about 5 minutes. Season with salt and pepper. Keep warm. *(Make-ahead: Can be stored in airtight container and refrigerated for up to 2 days. Reheat over low heat.)*

Pan-Fried Mushrooms In large skillet, melt butter over high heat. Add mushrooms and cook, stirring often, for 5 minutes. Reduce heat to medium-high. Add shallot, garlic and thyme, and cook, stirring constantly, for 1 minute. Add wine; cook until wine has almost completely evaporated, 2 to 3 minutes. Add demi-glace and vinegar; cook, stirring constantly, until sauce has reduced and coats mushrooms, about 2 minutes. Season with salt and pepper and sprinkle with chives.

Brioche Meanwhile, in separate large skillet, melt butter over medium-high heat. Add brioche slices and cook, turning halfway through cooking time, until each side is golden brown, 2 to 3 minutes. Transfer to paper towel-lined plate to drain.

Divide reserved Supreme Sauce evenly among four soup plates. Place brioche slices in centre of sauce, then top with Pan-Fried Mushrooms, pickled onions and Parmesan. Drizzle with Fir Oil.

PER SERVING about 850 cal, 23 g pro, 59 g total fat (34 g sat. fat), 57 g carb (4 g dietary fibre, 20 g sugar), 170 mg chol, 875 mg sodium, 3.1 mg iron.

Fir Oil Wash 1/4 cup fresh fir or spruce needles; pat dry with tea towel. Transfer needles to 3/4- or 1-cup capacity glass jar. In small saucepan, heat 1/2 cup canola oil over high heat for 1 minute. Pour hot oil over needles (the oil should cover the needles). Close jar and let rest at room temperature overnight. *(Make-ahead: Can be covered and refrigerated for up to 1 month. Strain before using.)* Makes 1/2 cup.

BRAISED LAMB SHANKS with olives

parsnip PURÉE

PLATE, CRATE AND BARREL

TEST KITCHEN TIP

Use a melon baller to scoop out the centre of the pears, starting from the bottom.

FOOD STYLING, JACQUES FAUCHER. PLATES, HOMESENSE. NAPKINS, H&M

MAPLE-POACHED PEARS WITH ALMOND CREAM

MAKES 4 SERVINGS
HANDS-ON TIME 20 MINUTES
TOTAL TIME 45 MINUTES

1/2 cup	maple syrup, divided
1/4 cup	packed brown sugar
1 tbsp	chopped fresh ginger
2	crushed cardamom pods
1	cinnamon stick
1	whole clove
1/4 tsp	freshly grated nutmeg
zest and juice of 1/2 lemon, divided	
4	Bosc pears, peeled and cored
1/2 cup	toasted sliced almonds (approx)
1 cup	plain dairy-free yogurt

In saucepan, combine 2 1/2 cups water, 6 tbsp maple syrup, sugar, ginger, cardamom, cinnamon, clove, nutmeg and lemon juice; bring to boil. Add pears to saucepan, submerging in liquid. Reduce heat; simmer until pears are tender, 15 to 20 minutes. Remove from heat; let stand for 5 minutes.

Using slotted spoon, remove pears from syrup and set aside. Strain syrup, discarding spices, and return to pan. Simmer for about 4 minutes or until thickened. Set aside.

In small saucepan, bring remaining maple syrup to boil; stir in lemon zest and almonds. Transfer to blender; purée until smooth; stir in yogurt. Divide evenly among serving plates; place pear on top. Drizzle with reserved syrup, and garnish with a few extra sliced almonds.

PER SERVING about 340 cal, 4 g pro, 8 g fat (3 g sat. fat), 62 g carb (4 g dietary fibre, 42 g sugar), 0 mg chol, 20 mg sodium, 2 mg iron.

RECIPE, HUGO SAINT-JACQUES. PHOTOGRAPHY, TANGO. FOOD STYLING, NATALY SIMARD. PROP STYLING, CAROLINE SIMON (BRAISED LAMB SHANKS WITH OLIVES, PARSNIP PURÉE, GREEN SALAD)

BRAISED LAMB SHANKS WITH OLIVES

MAKES 4 SERVINGS
HANDS-ON TIME 30 MINUTES
TOTAL TIME 3 1/2 HOURS

4	lamb shanks
salt and pepper	
1/2 cup	all-purpose flour
1/4 cup	salted butter
1 tsp	olive oil
2	large carrots, peeled and finely diced
1	large onion, finely chopped
half	leek (white and light green part only), chopped
1	stalk celery, chopped
2	cloves garlic, finely chopped
2	bay leaves
1 cup	red wine (such as Beaujolais or Cabernet Sauvignon)
1 cup	veal or chicken broth
1 cup	veal demi-glace or demi-glace sauce
2 cups	assorted olives
1 tbsp	red wine vinegar

Season lamb shanks with salt and pepper. Place flour on pie plate and add lamb shanks, turning to coat well (shake to remove excess). In Dutch oven, melt butter over medium-high heat. Add lamb shanks and cook, turning occasionally, until browned on all sides, about 5 minutes. Transfer to plate; set aside.

Preheat oven to 300°F. In same Dutch oven, heat olive oil over medium-high heat. Add carrots, onion, leek and celery; season with salt and pepper. Cook, stirring constantly, about 5 minutes. Add garlic and bay leaves; cook, stirring constantly, about 1 minute. Stir in red wine and cook until liquid has reduced, 2 to 3 minutes. Stir in veal broth and demi-glace. Add reserved lamb shanks and the olives; bring to boil. Cover Dutch oven and bake until meat is very tender and easily falls off the bone, about 2-1/2 hours.

Transfer lamb shanks and olives to plate; keep warm. Remove and discard bay leaves. Skim off any fat from surface of cooking liquid; bring to boil. Reduce heat and simmer for 10 minutes or until sauce has reduced to two-thirds. Stir in vinegar. Return reserved lamb shanks and olives to Dutch oven and reheat, about 2 minutes. Serve with Parsnip Purée and Green Salad.

PER SERVING about 480 cal, 36 g pro, 26 g total fat (11 g sat. fat), 26 g carb (3 g dietary fibre, 5 g sugar), 130 mg chol, 1,000 mg sodium, 7.2 mg iron.

PARSNIP PURÉE

MAKES 4 SERVINGS
HANDS-ON TIME 12 MINUTES
TOTAL TIME 22 MINUTES

3 tbsp	salted butter
450 g	parsnips, peeled and cut in thin slices
2 cups	sodium-reduced vegetable broth
1/2 cup	35% whipping cream
salt and pepper	

In large saucepan, melt butter over medium heat until foamy. Reduce heat to low, add parsnips and cook, stirring often, about 10 minutes. Stir in broth; cook until parsnips are very tender, about 10 minutes. Remove pan from heat and stir in cream; season with salt and pepper. Using immersion blender, purée until smooth.

PER SERVING about 280 cal, 3 g pro, 19 g total fat (12 g sat. fat), 24 g carb (6 g dietary fibre, 7 g sugar), 55 mg chol, 250 mg sodium, 0.8 mg iron.

GREEN SALAD

In large serving bowl, combine 2 tbsp olive oil and 1 tbsp lemon juice; season with salt and pepper. Add 4 cups mixed greens, tossing to coat well. Makes 4 servings.

PER SERVING about 75 cal, 1 g pro, 7 g total fat (1 g sat. fat), 2 g carb (1 g dietary fibre, 1 g sugar), 0 mg chol, 250 mg sodium, 0.5 mg iron.

MENU 2

Green Pea, Watercress & Mint Soup

Roasted Acorn Squash with Maple & Sage

Citrus Roast Turkey with Leeks & Cranberries

Wild Rice Stuffing

Crêpes Suzette

GREEN PEA, WATERCRESS & MINT SOUP

MAKES 6 TO 8 SERVINGS
HANDS-ON TIME 30 MINUTES
TOTAL TIME 40 MINUTES

2 tbsp	unsalted butter
1	large leek (white and light green parts only), halved lengthwise and sliced
6 cups	chicken or vegetable broth
2	large potatoes, peeled and cubed
	salt and pepper
2 cups	frozen peas
225 g	watercress
1/4 cup	each packed fresh mint leaves and chopped fresh chives (approx)
1/4 cup	35% whipping cream
	crème fraîche
	olive oil
	pea shoots

In large pot, melt butter over medium heat. Add leek and cook until tender, stirring often, about 5 minutes.

Add broth and potatoes. Bring to boil; season with salt and pepper. Cook until potatoes are tender, about 10 minutes.

Add peas and watercress; cook for 2 minutes. Stir in mint and chives. Remove pot from heat; let soup cool slightly. Purée soup with immersion blender until smooth. Add cream; season with salt and pepper.

Serve soup hot with dollop of crème fraîche, drizzle of olive oil and sprinkle of pepper. Garnish with mint leaves, chives and pea shoots.

PER EACH OF 8 SERVINGS about 225 cal, 9 g pro, 8 g total fat (4 g sat. fat), 29 g carb (4 g dietary fibre, 6 g sugar), 25 mg chol, 275 mg sodium.

ROASTED ACORN SQUASH WITH MAPLE & SAGE

MAKES 8 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 1 HOUR

4	acorn squash, halved lengthwise and seeds removed
1/2 cup	maple syrup
2 tbsp	olive oil
2 tbsp	unsalted butter
2 tbsp	chopped fresh sage
1 tbsp	grated fresh ginger

salt and pepper
Wild Rice Stuffing (recipe, page 89) (optional)
thyme sprigs

Preheat oven to 425°F. Line baking sheet with parchment paper. Place squash on prepared baking sheet, cut side up.

Add maple syrup, oil, butter, sage and ginger to small skillet set over medium-high heat; cook, stirring, for 2 minutes. Pour into squash halves; season with salt and pepper. Roast, brushing edges occasionally with maple mixture, until tender, 40 to 45 minutes. Spoon Wild Rice Stuffing, if using, into squash. Garnish with thyme sprigs.

PER SERVING (EXCLUDING STUFFING) about 200 cal, 2 g pro, 6 g total fat (2 g sat. fat), 35 g carb (3 g dietary fibre, 14 g sugar), 8 mg chol, 30 mg sodium.

PHOTOGRAPHY, TANGO. FOOD STYLING ICHELLE DIAMOND.
PROP STYLING, CAROLINE SIMON

CITRUS ROAST TURKEY WITH LEEKS & CRANBERRIES

MAKES 8 TO 10 SERVINGS
HANDS-ON TIME 25 MINUTES
TOTAL TIME 3 1/2 HOURS

6 tbsp	salted butter, softened
1/2 cup	chopped fresh herbs (such as parsley, thyme and sage)
2 tbsp	orange zest
1 tbsp	paprika
salt and pepper	
1	whole turkey (about 5.4 kg)
Wild Rice Stuffing (recipe, this page)	
4 cups	chicken broth
1 cup	orange juice
2	leeks (white and light green parts only), sliced into rounds
2 cups	fresh cranberries
fresh sprigs of sage	

Preheat oven to 450°F. In bowl, combine butter, herbs, orange zest and paprika. Season with salt and pepper.

Remove giblets and neck from turkey; discard. Pat turkey dry with paper towel. Season with salt and pepper. Rub butter mixture all over and under skin. Loosely pack cavity of turkey with Wild Rice Stuffing. Tuck legs under band of skin or tie together with kitchen string.

In large roasting pan, combine broth, juice and leeks. Season with salt and pepper.

Place turkey, breast side up, on greased rack in roasting pan. Roast for 30 minutes. Reduce oven temperature to 325°F. Roast for 2 hours, basting every 30 minutes with pan juices. Scatter cranberries around turkey. Return to oven; roast until instant-read thermometer inserted in thickest part of breast reads 180°F, about 30 minutes.

Place turkey on large platter; serve with pan juices, cranberries and leeks. Garnish with sprigs of sage.

PER SERVING about 695 cal, 125 g pro, 17 g total fat (5 g sat. fat), 11 g carb (1 g dietary fibre, 3 g sugar), 425 mg chol, 525 mg sodium.

WILD RICE STUFFING

MAKES 6 TO 8 SERVINGS
HANDS-ON TIME 30 MINUTES
TOTAL TIME 1 1/2 HOURS

3 tbsp	unsalted butter, divided
1 tbsp	olive oil
1	onion, chopped
3	stalks celery, sliced
3	cloves garlic, minced
2 cups	wild rice
4 cups	chicken broth
1 cup	chopped dried apricots
1/2 cup	currants
1/2 cup	mixed chopped fresh herbs (parsley, thyme and/or sage)
salt and pepper	
2	Golden Delicious apples, diced
1 tsp	brown sugar
pinch	each cinnamon and nutmeg

Preheat oven to 350°F. In large ovenproof pot, melt 2 tbsp butter and the oil over medium heat; cook onion, celery and garlic, stirring often, until tender, about 5 minutes.

Stir in rice; cook for 1 minute. Add broth, apricots, currants and herbs; season with salt and pepper. Bring to boil. Cover pot and transfer to oven; bake until rice is tender and liquid is absorbed, about 1 hour. Let stand, covered, for 5 minutes.

Meanwhile, in skillet, melt remaining butter over medium heat; cook apples, brown sugar, cinnamon and nutmeg until slightly softened, about 4 minutes. Stir into rice.

PER EACH OF 8 SERVINGS about 335 cal, 9 g pro, 8 g total fat (3 g sat. fat), 57 g carb (6 g dietary fibre, 22 g sugar), 15 mg chol, 180 mg sodium.

CRÊPES SUZETTE

MAKES 16 SERVINGS
HANDS-ON TIME 1 HOUR
TOTAL TIME 1 1/2 HOURS

Sake-Soaked Oranges

2 tbsp	sake
1/4 cup	granulated sugar
4	oranges, segmented

Crêpes

2 cups	all-purpose flour
1/4 cup	granulated sugar
2 cups	2% milk
4	eggs
2 tsp	vanilla
2 tbsp	unsalted butter, melted

Suzette Sauce

1 1/3 cup	granulated sugar
1/4 cup	water
1 cup	orange juice

Assembly

1/4 cup	orange-flavoured liqueur (like Grand Marnier)

Sake-Soaked Oranges In large microwaveable bowl, combine sake with sugar. Microwave on medium until sugar has dissolved, 45 to 60 seconds. Add oranges, stirring to coat. Set aside.

Crêpes In large bowl, whisk together flour and sugar. In separate bowl, whisk together milk, eggs and vanilla; pour over flour mixture, whisking until smooth. Strain through fine-mesh sieve into clean bowl; cover and let stand at room temperature for 30 minutes.

Heat 8-inch nonstick skillet or crêpe pan over medium-low heat; brush lightly with some of the butter. Pour scant 1/4 cup of the batter into pan, swirling to coat bottom; cook, turning once when edge begins to curl, until light golden, 2 to 3 minutes. Transfer to plate; cover to keep warm. Repeat with remaining butter and batter.

Suzette Sauce In heavy-bottomed saucepan, stir sugar with water over medium-high heat just until sugar has dissolved. Boil, without stirring, but brushing down side of pan with pastry brush dipped in water, until mixture turns light amber, 9 to 11 minutes. Remove from heat; averting face, stir in orange juice until smooth. Return pan to medium-high heat; cook, stirring occasionally, until mixture has reduced to 1 1/4 cups, 6 to 8 minutes. Transfer to heatproof bowl.

Assembly In large skillet, heat Suzette Sauce over medium heat for 1 minute. Reduce heat to low; add 1 crêpe, turning to coat. Using tongs, fold crêpe into quarters; transfer to large serving platter or roasting pan. Repeat with remaining crêpes; top with drained Sake-Soaked Oranges.

In small saucepan, heat orange liqueur over medium heat for 1 minute; remove from heat. With long match or barbecue lighter, ignite; while flaming, pour over crêpes. When flame goes out, serve immediately.

PER SERVING about 183 cal, 5 g pro, 4 g total fat (2 g sat. fat), 31 g carb (1 g dietary fibre, 19 g sugar), 54 mg chol, 32 mg sodium.

PHOTOGRAPHY, MAYA VISNYEI. FOOD STYLING, CLAIRE STUBBS. PROP STYLING, RENÉE DREXLER

smooth operators

Rich, soft and velvety, these dishes boast flavour you'll definitely savour.

RECIPES MARIE-ÈVE LAFORTE | **PHOTOGRAPHY** TANGO | **FOOD STYLING** CHANTAL LEGAULT
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TESTED TILL PERFECT
Canadian Living TEST KITCHEN

sour cream & onion **CHICKEN**

PLATES, PC

bacon clam
CHOWDER

BOWLS, POTTERY BARN. PLACEMAT, HOMESENSE

ANTIPASTO CREAM CHEESE LOG

MAKES 8 TO 10 SERVINGS
HANDS-ON TIME 20 MINUTES
TOTAL TIME 2 1/2 HOURS

2	250 g pkgs cream cheese, softened
1/2 cup	diced roasted red pepper
1/3 cup	diced sun-dried tomatoes
1/3 cup	pitted green olives, patted dry and chopped
1/4 cup	artichoke hearts, patted dry and chopped
1/4 cup	finely grated Parmesan cheese
1	clove garlic, finely chopped
1/2 tsp	Italian herb seasoning
salt and pepper	
1/4 cup	chopped fresh flat-leaf parsley
1/4 cup	chopped fresh chives
crackers	

In bowl, using spatula, stir together cream cheese, red peppers, sun-dried tomatoes, olives, artichoke hearts, Parmesan, garlic and Italian seasoning. Season lightly with salt and pepper.

Place large sheet of plastic wrap on work surface. Scrape cream cheese mixture onto centre of wrap. Using plastic wrap, shape mixture into log and wrap tightly. Refrigerate for at least 2 hours or up to overnight.

On plate, mix parsley and chives. Unwrap cheese log and roll it in herb mixture. Place on serving platter and serve with crackers.

PER EACH OF 10 SERVINGS about 210 cal, 4 g pro, 19 g total fat (11 g sat. fat), 6 g carb (1 g dietary fibre, 3 g sugar), 55 mg chol, 375 mg sodium, 0.5 mg iron.

SERVING BOARD, KNIFE, INDIGO

BOWLS, GALERIE LOLY. BLUE PLATE, H&M HOME

CARROT & CRÈME FRAÎCHE RISOTTO

MAKES 4 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 50 MINUTES

5 cups	sodium-reduced vegetable broth
2 tbsp	unsalted butter
2	shallots, finely chopped
1 1/2 cups	arborio rice
1/4 cup	dry white wine
1 tbsp	olive oil
2 cups	grated carrots
1/2 cup	carrot juice
1 tsp	ground cumin
	salt and pepper
1/4 cup	crème fraîche (approx)
1/3 cup	grated Parmesan cheese (approx)
	fresh rosemary (optional)

In saucepan, bring broth to boil. Remove from heat, cover and set aside.

In large skillet, melt butter over medium heat. Add shallots and cook, stirring often, until softened, 2 to 3 minutes. Add rice and cook, stirring until translucent at edges, about 2 minutes. Increase heat to high; pour in wine to deglaze skillet, scraping up browned bits with wooden spoon. Cook until wine has almost completely evaporated, 2 to 3 minutes.

Pour ladleful of hot broth into skillet; cook, stirring constantly, until broth is absorbed. Pour another ladleful of hot broth into skillet; cook, stirring constantly, until broth is absorbed. Repeat with remaining broth, a ladleful at a time. (At first, the liquid will be absorbed very quickly, but intervals will become longer as the rice cooks and releases its starch.)

Meanwhile, in separate skillet, heat olive oil over medium heat. Add carrots and cook, stirring occasionally, until tender and starting to caramelize, 8 to 10 minutes. Add carrot juice and cumin; cook for 1 minute. Remove from heat and set aside.

After 18 minutes of cooking the rice, test to see if rice is tender but still slightly crunchy. Continue cooking and testing rice, if necessary, until tender but slightly crunchy. (There may be a little broth remaining in the pan.)

Stir in reserved caramelized carrot mixture and season with salt and pepper. Continue stirring until carrot juice is absorbed, 1 to 2 minutes. Stir in crème fraîche and Parmesan. Divide risotto evenly among bowls; top with dollop of crème fraiche and sprinkle with Parmesan and rosemary, if using.

PER SERVING about 525 cal, 9 g pro, 24 g total fat (13 g sat. fat), 67 g carb (4 g dietary fibre, 8 g sugar), 60 mg chol, 475 mg sodium, 2.2 mg iron.

SOUR CREAM & ONION CHICKEN

MAKES 4 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 30 MINUTES

2	large boneless, skinless chicken breasts, halved horizontally
	salt and pepper
2 tbsp	olive oil
2 tbsp	unsalted butter
2	onions, halved and thinly sliced
1	stalk celery, sliced
2	carrots, peeled and sliced
pinch	baking soda
2	cloves garlic, minced
1/2 cup	sodium-reduced chicken broth
1 tbsp	white wine vinegar
1 cup	full-fat sour cream
	chopped fresh curly parsley

Season chicken breasts with salt and pepper. In large skillet, heat oil over medium-high heat. Add chicken and cook, turning halfway through cooking time, until lightly browned, 8 to 10 minutes. Transfer to plate; set aside.

Reduce heat to medium-low. In same skillet, melt butter. Add onions, celery and carrots; sprinkle with baking soda. Cook, stirring occasionally, until vegetables have softened and are lightly browned, 5 to 8 minutes. Stir in garlic, chicken broth and white wine vinegar. Deglaze skillet, scraping up browned bits with wooden spoon. Stir in sour cream until smooth. Return chicken (and any juices) to skillet. Cook, stirring occasionally, until chicken is heated through and coated with sauce, 1 to 2 minutes. Sprinkle with chopped fresh curly parsley.

PER SERVING about 485 cal, 45 g pro, 29 g total fat (12 g sat. fat), 11 g carb (2 g dietary fibre, 6 g sugar), 165 mg chol, 300 mg sodium, 1.7 mg iron.

BACON CLAM CHOWDER

MAKES 4 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 45 MINUTES

6	strips sodium-reduced bacon, diced
1	onion, finely chopped
2	stalks celery, coarsely chopped
2 to 3	cloves garlic, minced
4	white potatoes, peeled and diced
1	bay leaf
3 tbsp	all-purpose flour
2 cups	sodium-reduced chicken broth (or fish broth)
2	142 g cans baby clams (with juice)
2 cups	35% whipping cream
1 tsp	fresh thyme leaves
	salt and pepper
	chopped fresh chives

In Dutch oven over medium heat, cook bacon, stirring occasionally, until crispy, 5 to 6 minutes. Transfer to paper towel-lined plate to drain.

Remove all but 2 tbsp bacon fat from Dutch oven. Over medium heat, add onion and celery; cook, stirring often, until onion is translucent, 3 to 4 minutes. Stir in garlic, potatoes and bay leaf. Sprinkle flour over top; stir and cook for 1 to 2 minutes. Stir in broth, reduce heat to medium-low, cover and cook, stirring occasionally, until potatoes are tender, 10 to 12 minutes.

Add clams with their juice, whipping cream, bacon and thyme. Season with salt and pepper. Cook until chowder is heated through, about 5 minutes. Divide evenly among bowls and sprinkle with chopped fresh chives.

PER SERVING about 860 cal, 35 g pro, 56 g total fat (32 g sat. fat), 53 g carb (6 g dietary fibre, 7 g sugar), 205 mg chol, 1,500 mg sodium, 4.7 mg iron.

BANANA PUDDING

MAKES 8 TO 10 SERVINGS
HANDS-ON TIME 25 MINUTES
TOTAL TIME 6 1/2 HOURS

3/4 cup	granulated sugar, divided
3 tbsp	cornstarch
pinch	salt
2 cups	2% milk
1 tsp	vanilla
1 tbsp	unsalted butter
3 cups	cold 35% whipping cream
1	350 g pkg tea biscuits
4	ripe but firm bananas, sliced

dried bananas (optional)
chopped praline pecans (optional)

In small bowl, whisk together 1/2 cup of the sugar with cornstarch and salt.

In saucepan, heat milk over medium-low until steaming. Whisk in sugar mixture until thickened, 5 to 8 minutes. Remove from heat; stir in vanilla and butter until butter has melted. Transfer to airtight container and refrigerate for at least 2 hours.

In large bowl, using electric mixer on medium speed, whip cream until soft peaks form, 2 to 4 minutes. On high speed, gradually add remaining sugar, 1 tbsp at a time, until stiff peaks form, 3 to 4 more minutes. Reserve one-quarter of the whipped cream for topping. Using spatula, gently fold cold milk mixture into remaining whipped cream.

In 13- x 9-inch baking dish or 8-cup glass bowl, place one-third of the tea biscuits. Top with one-third of the banana slices, then one-third of the pudding. Repeat with remaining biscuits, banana slices and pudding to make 3 layers in total. Spread reserved whipped cream over top. Cover with plastic wrap and refrigerate for 4 hours. Sprinkle with dried bananas and praline pecans, if using.

PER EACH OF 10 SERVINGS about 485 cal, 45 g pro, 29 g total fat (12 g sat. fat), 11 g carb (2 g dietary fibre, 6 g sugar), 165 mg chol, 300 mg sodium, 1.7 mg iron.

Brioche with Pan-Fried Mushrooms & Supreme Sauce

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November 2025

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Editor's note: In our October 2025 issue, our Walnut Crust Pumpkin Pie was misnamed and should be called Almond Crust Pumpkin pie. We apologize for the inconvenience the error in our instructions may have caused.

To find out more about our recipes' nutritional information, go to **canadianliving.com/nutritioninfo**.

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Sweet & petite

Make the most of the incomparable flavour of sweet potatoes by baking them into an easy delicious dessert.

RECIPE, MARIE-ÈVE LAFORTE. PHOTOGRAPHY, BRUNO PETROZZA/C. FOOD & PROP STYLING, MÉLANIE MARCHAND

SWEET POTATO TARTS

MAKES 8 TARTS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 45 MINUTES

8	3-inch tart shells
2 cups	cubed sweet potato
3 tbsp	unsalted butter
1/3 cup	brown sugar
1/4 cup	granulated sugar
1 tsp	vanilla
1/2 tsp	cinnamon
1/4 tsp	nutmeg
1/2 tsp	salt
1	egg
1/4 cup	18% table cream

whipped cream
cinnamon sugar (optional)

Preheat oven to 350°F. Place tart shells on baking sheet. Poke dough with fork and prebake shells for 5 minutes. Let cool (do not turn off oven).

Place sweet potato in saucepan filled with water; cover and bring to boil. Reduce heat to medium-low; simmer until potatoes are fork-tender, 10 to 12 minutes. Drain; let cool slightly.

In bowl, mash sweet potatoes with fork until smooth. Add butter, brown and granulated sugars, vanilla, cinnamon, nutmeg, salt, egg and cream; using electric mixer on medium-low speed, beat until smooth. Divide mixture evenly among tart shells. Bake until filling is completely set, about 20 minutes. Let cool slightly. Top with dollop of whipped cream and sprinkle with cinnamon sugar, if using.

PER TART about 260 cal, 3 g pro, 11 g total fat (6 g sat. fat), 37 g carb (2 g dietary fibre, 17 g sugar), 40 mg chol, 125 mg sodium, 1.2 mg iron.

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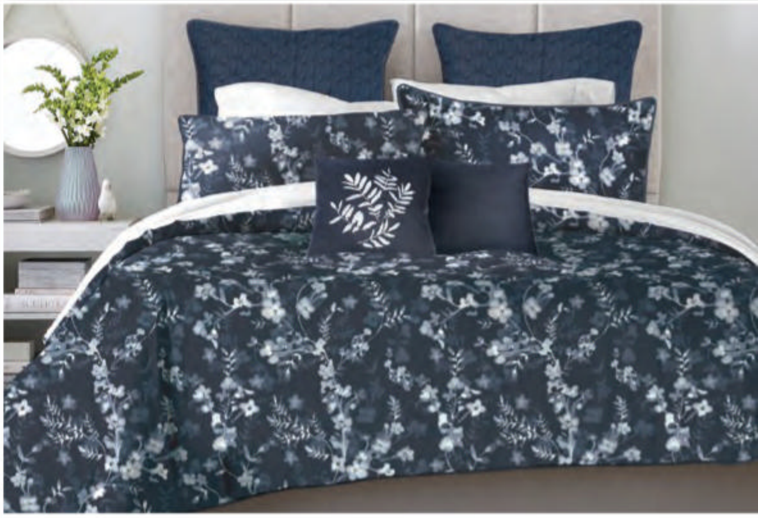

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